

BROA DE MILHO

INGREDIENTS

100g fine corn meal or polenta
100g plain flour
1 tsp salt
1 tbsp baking powder
1/2 tsp baking soda
75g caster sugar
2 large eggs
150ml buttermilk
4 tbsp olive oil, plus extra for greasing
200g creamed sweetcorn

METHOD

STEP 1: Preheat the oven to 180C. Lightly grease a 20CM square baking tin with baking paper.

STEP 2: Sift all the dry ingredients into a large bowl. Beat eggs, buttermilk and olive oil together in a separate bowl.

STEP 3: Pour the egg mixture into the dry ingredients and fold it through. Finally fold in the creamed sweetcorn, then pour into the prepared tin and spread out evenly.

STEP 4: Bake for 20-25 minutes, until it is golden brown and a skewer inserted in the middle comes out clean. Remove and leave to cool slightly.

STEP 5: Cut into 16 squares and serve warm.

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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