



# PECANS

RECIPES & HISTORY OF AN AMERICAN NUT

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WITH 60 RECIPES FROM SALADS & SAUCES TO SNACKS & SMOOTHIES

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## CORN AND PECAN SPOON BREAD

SERVES 6

*Spoon bread has been on southern tables for generations, though it's said to have been invented by Native Americans. With a corn bread–like taste and the airiness of a soufflé, it also conjures up savory French cuisine. Bake spoon bread right before serving and get it to the table quickly to show off its puff reminiscent of a soufflé. It's a dish that will work all day, from brunch served with eggs to dinner as an accompaniment to pork loin. If fresh corn is not in season, frozen will work fine.*

### **Nonstick cooking spray, for the baking dish**

**2 cups (375 g) corn kernels (from about 3 ears)**

**2 cups (500 ml) whole milk**

**3/4 cup (115 g) yellow cornmeal**

**2 tablespoons unsalted butter, melted**

**2 teaspoons chopped fresh thyme**

**1 teaspoon salt**

**1/2 teaspoon freshly ground black pepper**

**4 large eggs, separated**

**1 cup (125 g) shredded sharp Cheddar cheese**

**3/4 cup (86 g) chopped pecans, toasted**

Preheat the oven to 400°F (200°C). Lightly spray a 7-by-11-by-2-inch (18-by-28-by-5-cm) baking dish with cooking spray.

In a saucepan, combine the corn kernels, milk, and cornmeal and bring to a simmer over medium heat, stirring often. The mixture will be very thick. Transfer to a large bowl.

Stir in the butter, thyme, salt, and pepper, mixing well, then stir in the egg yolks until well blended. Add the cheese and pecans and stir until incorporated.

In another large bowl, using a handheld mixer, beat the egg whites on medium-high speed for 1 to 2 minutes, until stiff peaks form. Gently fold the beaten whites into the cornmeal mixture just until no white streaks remain. Pour the mixture into the prepared baking dish.

Bake for about 30 minutes, until puffed and browned. Serve immediately.