

Less than 15 minutes

Makes 1 loaf (8-10 slices)

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Ingredients:

- 2 cups (300g) flour
- 2 cups (300g) polenta or yellow maize meal
- 2 Tbsp (30ml) baking powder
- 2 tsp (10ml) salt
- 1 Tbsp (15ml) cayenne pepper (optional)
- 2 cans (415g each) cream-style corn
- ½ can (205g) whole corn kernels, drained and rinsed
- 4 eggs
- 1 cup (250ml) buttermilk

Nice to have:

- Handful cherry or vine tomatoes
- Sour cream, for serving

Method:

1. Prepare medium-hot coals or preheat oven to 180°C.
2. Grease a cast-iron pot and the inside of the lid. (A round cake tin or loaf tin works well too.)
3. Stir flour, polenta or maize meal, baking powder, salt and cayenne pepper together in a bowl.
4. Add cream-style corn, corn kernels, eggs and buttermilk and mix well.
5. Pour into prepared pot.
6. Top with tomatoes, if using, and cover with greased lid. (Use foil if using a cake or loaf tin)
7. Scrape out a clearing between coals and place pot in the centre.
8. Place a few coals on the lid (ignore if baking in an oven instead) and bake for 60-70 minutes or until a skewer inserted into the centre of the bread comes out clean.

9. Rest in pot for 10 minutes.
10. Turn out onto a wire rack and cool slightly.
11. Serve warm with dollops of sour cream, if you like.