



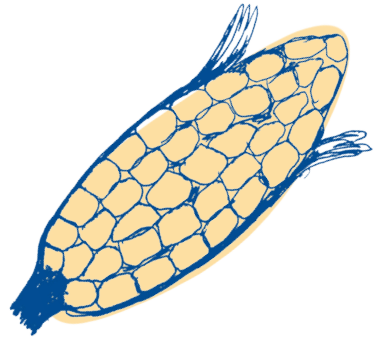
Zambian cornbread (mealie bread) recipe

Mealie bread is a very popular dish across Zambia and southern Africa - the chillies and whole pieces of corn give it a delicious flavour.

Life-giving
bottles
Harvest 2017

Ingredients:

- 4 cups of frozen sweetcorn (defrosted) OR two tins of sweetcorn
- 4 eggs
- 4 tablespoons butter, melted
- 2 cups all purpose flour
- 4 teaspoons baking powder
- 4 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon diced jalapenos (from a jar)



Method

1. Preheat the oven to 180 degrees
2. Spray a loaf tin with non-stick spray
3. Mix the eggs and butter in a food processor until thoroughly combined.
4. Add half the corn and pulse mixture to break the corn down a little bit.
5. Transfer the mixture to a bowl and mix in flour, baking powder, sugar and salt.
6. Add remaining corn and most of the diced jalapenos and mix until combined.
7. Place in loaf tin and sprinkle the remaining jalapenos on top.
8. Bake for 40 – 45 minutes.