



Nora Mill Granary
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Nora Mill Spoonbread

Golden brown and served piping hot directly from the baking dish, spoonbread is more like pudding than a bread. This creamy treat could be described as a cornbread soufflé. Its name likely came from an Indian word, suppon, meaning porridge, according to John Mariani's Dictionary of American Food & Drink.

Traditional Southern SPOONBREAD

• Cornbread Soufflé •

1 Cup NORA MILL Spoonbread Mix
1-1/4 Cup water

Preheat oven to 450° F. Combine Nora Mill Spoonbread Mix and approximately 1/2 cup of the water, stirring thoroughly. Add remaining water in three stages, stirring after each addition. Fill a greased one quart casserole dish 2/3 full. Bake for 30 minutes or until golden brown. Serve directly from the baking dish with plenty of butter.

TIP: Refrigerate leftover spoonbread and it becomes an excellent complement to a breakfast of ham and eggs. Simply slice and brown in a skillet with a touch of butter.

INGREDIENTS: White cornmeal, cornstarch, salt, leavening, powdered eggs, powdered buttermilk and vegetable shortening.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

