

CAJUN CRAWFISH CORNBREAD submitted by Ronnie Young

2 cups yellow corn meal
1-14 oz can cream style corn
1 1/2 cups grated cheddar cheese (*I use mild*)
3 tsp baking powder
1/2 tsp baking soda
1 cup bell pepper, chopped fine
1 cup green onions, medium chopped
1 cup whole milk
1/2 tbsp Cajun season (*opt*)

3 eggs, slightly beaten
1-14 oz can fiesta corn (drained)
1 1/2 cups grated white cheese
1 tsp salt
1 small can diced jalapeno peppers
1 onion, chopped fine
1/2 cup cooking oil
1 pound crawfish tails with fat

Sauté onions and bell peppers in butter. Cook until onions are transparent. Add Jalapeno peppers for warm up. In a separate bowl, mix all other ingredients except crawfish and green onions. Add sautéed ingredients to mix. Mix well. Stir in crawfish. Add to pre-warmed Dutch oven (*I used a 10 inch*). Bake at 350° for 35 - 45 min. I recommend coals on bottom of pot and half as many on top. Check for doneness with a toothpick. When satisfied, remove coals from bottom and place on lid. Let this go until you get good color top. Remove from heat and spread green onions on top of Cornbread. Replace lid and let rest. Bon Appetite!

Meeting, Greeting, Cooking & Eating

Gathering on the 2nd Saturday of each
month at Palmetto Island State Park



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