

Cornbread Casserole aka Corn Dump

This moist and dense treat will have you coming back for more.

Oven: 200C (400F)

Ingredients:

½ Cup Plain Flour
½ Cup Cornmeal (Polenta)
2 Tbsp White Sugar
1 Tbsp Baking Powder
½ tsp Salt
2 Eggs (Beaten)
½ cup (125gr) Butter (Melted)
2 Tbsp Oil
250gr Sour Cream
1 can of Creamed Corn
1 can of Corn (drained)

Method:

1. In a large mixing bowl, whisk together flour, corn meal, sugar, baking powder and salt. Slowly whisk in oil. Mix until dry mixture is smooth with no lumps.
2. Add the rest of the ingredients and mix until there are no lumps.
3. Pour into a greased 9x13 baking tray (line with baking paper for best results).
4. Bake at 200C / 400F for 45min.

Notes: This is also great smoked!