



## **SOUTH AFRICAN MIELIE (CORN) BREAD**

### **INGREDIENTS**

70ml (7 dessertspoons) semi skimmed milk

20ml (2 dessertspoons) vegetable oil

1 egg

175g frozen sweetcorn – defrosted

100g plain flour

1 teaspoon baking powder

2 dessertspoons (dried) polenta or semolina

50g reduced fat cheddar cheese – grated

1 teaspoon mixed herbs

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### **EQUIPMENT**

small loaf tin or silicone muffin tray,  
greaseproof paper, measuring jug,  
dessertspoon, blender, mixing bowl,

**SERVES:** 4 (8 slices)

**PREP TIME:** 15 minutes

**ALLERGENS:** milk, egg,

**COOK TIME:** 40-50 minutes

cereals containing gluten

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### **METHOD**

- 1** Heat the oven to 180°C/Gas 4. Prepare the loaf tin by greasing and lining with baking paper.
- 2** Place the milk, oil, egg and half of the sweetcorn into a measuring jug and carefully blend until a smooth puree. Finally transfer to a large mixing bowl.
- 3** Add the rest of corn, flour, baking powder, cornmeal, cheese and herbs to the bowl and carefully mix everything together. Be careful not to over mix.
- 4** Transfer the mixture to the loaf tin and bake in the oven for 40-50 minutes until golden brown and they loaf springs back when touched. Alternatively, line a muffin tray with case, fill them  $\frac{3}{4}$  full with the mixture and bake for 20 – 25 minutes until golden brown.
- 5** Once cooked, leave the bread to cool in the tin for 5 minutes and then transfer to a cooling wire.
- 6** Serve the Mielie bread warm.