

Polenta, Sweetcorn and Rosemary Bread

<p>Equipment:</p> <p>Chopping board Large knife Measuring cups and spoons Mortar and pestle Wooden spoon Pastry brush Non-stick baking dish</p>	<p>Ingredients:</p> <p>1 tablespoon olive oil 60 grams parmesan ¼ cup cream 3 cups of sweetcorn kernels 2 cups coarse polenta (cornmeal) 2 teaspoons salt 1 teaspoons bicarbonate of soda (baking soda) 6 x 3 cm stalks rosemary 2 cups buttermilk 2 eggs</p>
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What to do:

1. Preheat the oven to 220°C. Measure the oil into a small bowl, then use the pastry brush to lightly grease the base and sides of the baking dish.
2. Weigh the cheese, then grate it. Combine the cheese with the cream in a small bowl.
3. Place the corn kernels in a mortar and pestle and lightly bash.
4. Put the polenta, salt and bicarbonate of soda into the large bowl and mix well. Add the corn kernels to this mixture.
5. Strip the needles of rosemary from the stalks and chop finely. Put the rosemary, buttermilk and eggs into the medium bowl and whisk well. Make a well in the polenta and tip in the buttermilk/egg mixture. Use the wooden spoon to mix well to form a batter.
6. Tip or spoon the batter into the prepared dish. Spread the cheese/cream mixture over the batter.
7. Bake for 30 minutes. Test by inserting a skewer - the polenta bread is cooked if the skewer comes out dry and clean.
8. Remove the polenta bread from the oven. Allow to cool in the dish for at least 10 minutes, then turn out onto the wire rack. Cut the polenta bread into slices and serve as is, or toasted with butter.