

Creamed Cornbread

Makes 6 ramekins, 167 calories each

The first time I had this dish was at Marbled & Fin - an upscale restaurant in Charleston, SC. We were celebrating Fred Himmilein's birthday. It was served in a large ramekin as a side dish. I add a bit of brown sugar to the top of the cream corn in the middle and then use a butane torch to melt and brown the sugar as you would for crème brûlée.



Ingredients

- 1/2 cup (78 grams) yellow cornmeal
- 1/2 cup (70 grams) flour
- 2 Tbsp. sugar
- 1/2 Tbsp. fresh baking powder
- 1/4 tsp. salt
- 9 Tbsp. whole milk buttermilk
- 2 Tbsp. unsalted butter
- 1 large egg
- 6 Tbsp. cream style corn
- 6 tsp. brown sugar

Equipment

- 6 ramekins
- Sifter or sieve
- Butane torch



Creamed Cornbread:

<input checked="" type="checkbox"/>	Description	Time (min)
	Preheat oven to 400 degrees	
	Into a bowl, sift together the dry ingredients: 1/2 cup flour, 1/2 cup cornmeal, 2 Tbsp. sugar, 1/2 Tbsp. baking powder, 1/4 tsp. salt	4
	In a microwave safe dish, melt 2 Tbsp. butter	1
	In another large bowl, combine the wet ingredients; 9 Tbsp. buttermilk, 2 Tbsp. melted butter, 1 large egg	2
	Add the dry ingredients to the wet and stir to combine. Stir just long enough to moisten all the dry ingredients.	1
	Pour the batter into the ramekins	2
	Spoon 1 Tbsp. creamed corn onto each ramekin	2
	Bake until a toothpick comes out dry	20
	Spread 1 tsp. brown sugar over the cream corn in each ramekin	1
	Use a butane torch to melt and brown the sugar	3
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