CORNBREAD

After-School Club / Grab & Go: This recipe provides a portion of starchy food.

Recipe adapted from: Focus on Food’s Cook School recipes

**Ingredients**

- 100g plain white flour
- 1 tbsp baking powder
- 100g polenta (corn meal)
- 75g Parmesan cheese – grated
- 300ml semi-skimmed milk
- 2 eggs, beaten
- 50g soft vegetable margarine, melted

**Method**

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Grease a 900g loaf tin and line it with greaseproof paper.
3. Mix the flour, baking powder, polenta and cheese in a mixing bowl. Make a ‘well’ in the centre.
4. Pour all the milk, eggs and melted margarine into the dry ingredients and mix well.
5. Pour the mixture into the prepared loaf tin. It should be quite ‘liquid’.
6. Bake until risen and lightly browned.

**Serving suggestion:** with seasonal soup such as tomato and lentil.

**Number of portions this recipe makes:**

- 12 primary servings (60g)
- 8 secondary servings (90g)

**Prep:** 15 minutes  
**Cook:** 50 minutes

**Allergy information:**

- Egg, milk, wheat (gluten)

**Top Tips**

- Prepare individual muffins. They cook in 12 minutes and are a great grab & go option.

**Government Buying Standards for Food & Catering Services**

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose spreads based on unsaturated fats, hard yellow cheese which has a maximum total fat content of 25g/100g and reduced fat milk (i.e. has a fat content of no more than 1.8g/100g).

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).