

Savoury corn pudding

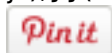
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Savoury corn pudding

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This corn pudding recipe gets a flavourful twist from the addition of vanilla bean.

Though you might think of vanilla only when it comes to dessert, this is a great example of how wonderful it can be in savoury dishes. The scent of the vanilla enhances the buttery corn and custard taste of the casserole.

Ingredients (12 Servings)

- 3 cups low-fat milk
- 2 tbsp honey or rice malt syrup
- 1 [vanilla](#) bean
- 2 tbsp [coconut oil](#)
- 3 cups frozen corn, thawed
- 2 cups finely diced onion
- 1½ tsp salt
- ¼ tsp freshly ground pepper
- 3 large [eggs](#)
- ½ cup white whole-wheat flour (see Tip) or all-purpose flour
- ½ cup fine cornmeal, preferably whole-grain

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METHOD

Preheat oven to 180°C. Coat a shallow three litre baking dish with cooking spray.

Heat milk and honey or rice malt syrup in a medium saucepan over medium-low heat. Cut vanilla bean in half lengthwise. Use the tip of the knife to scrape the seeds into the milk and add the pod.

As soon as bubbles cover the surface of the milk, turn off the heat and let the vanilla steep for 10 minutes. Discard the pod.

Meanwhile, heat coconut oil in a large skillet over medium-high heat. Add corn, onion, salt and pepper; cook, stirring frequently, until the onion is translucent, five to seven minutes. Remove from the heat.

Carefully pour the vanilla milk into the skillet with the vegetables and whisk until well blended.

Whisk eggs in a large bowl. Sprinkle flour and cornmeal over the eggs and whisk to combine. Whisk one to two tablespoons of the corn-milk mixture at a time into the egg mixture. When ingredients are combined, pour into the prepared baking dish.

Bake the corn pudding until a toothpick inserted in the centre comes out clean and the top is golden brown, 45 to 50 minutes. Let stand for 10 minutes before serving warm.

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