

Corn Bread

Ingredients:

- Maseca Corn Flour (ground white corn)
- 1 can kidney beans
- water

Directions:

- Boil a large pot of water.
- Mix beans and corn flour in a large bowl. Should be approximately 1 part beans, 2 parts flour.
- Add luke-warm water to mixture until you are able to make firm patties with hands. The mixture will be a little sticky, but shouldn't stick directly to fingers.
- Drop 2-3 patties into boiling water, one at a time.
- Once the patties begin to float, continue boiling for about 5 minutes.
- Sit patties on a plate for at least 2 minutes until firm.

Chef's Tips:

- Pile the breads on top of each other as you boil them.
- Since these breads are boiled, they will still be soft but shouldn't be falling apart when removed from the water or "floury" in the center.
- Serve as desired; Add butter, salt & pepper, bacon, gravy, maple syrup or any other favourite options!

