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## Maize Meal Bread

(1 medium or 2 smaller loaves – sufficient for 16–20 servings)

- 500 ml maize meal
- 5 ml salt
- 5 ml bicarb of soda
- 5 ml baking powder
- 15 ml sugar
- 125 ml fresh or frozen canned corn kernels, drained
- 50 g cheddar cheese, grated
- 125 ml sweet red, green or yellow peppers, diced
- 500 ml buttermilk
- 50 g butter, melted
- 2 large eggs
- a little water if needed

1. Grease one medium (26 cm) loaf tin or two smaller (23 cm) tins generously with butter and pre-heat the oven to 180 °C.
2. Combine the dry ingredients in a **mixing bowl** and add the buttermilk, butter and eggs and mix well.
3. Add a little water if the batter is too stiff to stir comfortably.
4. Spoon into the tin(s), smooth the top, making it a little hollow in the center to allow for extra rising in that area.
5. Bake about 45 minutes for the medium or 35 minutes for the smaller loaves until golden and thoroughly baked if tested with a metal skewer.
6. Cool in the tin(s) for a few minutes, turn out onto a cooling rack and serve warm, cold or refrigerate and toast.