



CORNBREAD WITH SALAD

by Simon Toohey, Feed Geelong Appeal 2022 Ambassador

"I've always loved food and it's heartbreaking to know that **many people in our local community are going without food**. That's why I've partnered with the Give Where You Live Foundation to help raise money for their 2022 Feed Geelong Appeal. I want to **help make sure nobody in our community goes hungry.**"





CORNBREAD WITH SALAD

Recipe provided by Simon Toohey, Feed Geelong Appeal 2022 Ambassador

INGREDIENTS

2 ½ cups corn meal or polenta
1 ¾ cup buttermilk (can use regular milk)
½ tsp baking powder
½ tsp bi-carbonate
2 tsp salt
1 egg
½ cup + 2tbs for pan Ghee or lard or veg oil (melted if solid)

1 Pre-heat oven to 220.

Place a 10 or 12-inch pan into your pre-heated oven. It is important that this is searing hot as it will create an amazing crunch bottom and sides. If you don't have a cast iron then a heavy based fry pan will work but be careful as it could stick (I actually haven't tried it).

- ### 4
- Take the pan out of the oven and let it cool in the pan while you make your salad. By letting the mixture cool, you are letting the bread set and become solid. This will mean the bread wont break or crack when transferred to a chopping board. I usually just leave the bread in the cast iron pan and cut wedges from there but this isn't possible in a non-stick. So I will leave it up to you.

- ### 2
- Bung everything into a bowl and mix until combined. Don't work it too hard as you want the mixture to be slightly crumbly. This is a dryer style bread so it really craves liquids as a topping.

- ### 5
- Salad. This, I will leave up to you. There are so many options. Basically any salad you like. In mine I did grilled zucchini, black olives, preserved lemons, and herbs with a dressing of seeded mustard, olive oil, and lemon juice.

You can do rocket, with nuts and parmesan. You can to cabbage slaw style.

This bit is totally up to you. Go nuts and enjoy yourself...with salad!

- ### 3
- Pull the pan out of the oven and onto your stove with an element on high to keep the temp of the pan. Add the reserved tablespoon of ghee, lard, or oil in the pan and let it start smoking.



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