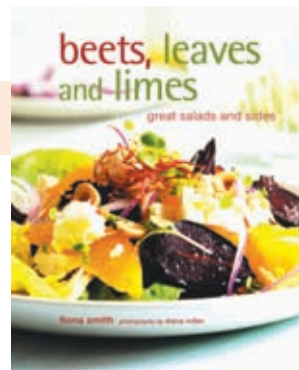


## Great Salads and Sides

Extracts from *Beets, Leaves & Limes* by Fiona Smith  
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\* See extra recipe on our web page: [www.healthyoptions.co.nz](http://www.healthyoptions.co.nz)



### sun-dried tomato and sweetcorn bread

2 tablespoons olive oil  
175 g coarse yellow cornmeal or instant polenta  
125 g plain flour  
1 teaspoon baking powder  
1 tablespoon rosemary needles  
1/2 teaspoon sea salt  
1 egg  
250 ml buttermilk  
250 ml milk  
150 g sweetcorn kernels, fresh or tinned  
80 g sun-dried tomatoes, chopped  
**a heavy baking dish, 28 cm diameter,  
preferably cast-iron**

SERVES 6

Cornbread is a wonderfully easy bread to make at home, so great to whip up when you want fresh bread, hot from the oven. It is best made in a heavy, cast-iron cooking dish, a skillet or a cast-iron frying pan to achieve a crisp outer crust.

Preheat the oven to 200°C (400°F) Gas 6.

Coat the bottom and sides of the baking dish with the oil. Put in the preheated oven to heat up for 5 minutes.

Combine the cornmeal, flour, baking powder, rosemary and salt in a bowl. Beat together the egg, buttermilk and milk, then carefully fold it into the flour mixture along with the sweetcorn and sun-dried tomatoes.

Remove the baking dish from the oven and pour in the batter. Bake for 30 minutes until set and golden. Let cool on a wire rack.

Slice into wedges to serve. The bread is best eaten while still warm.

