

cornbread stuffing



DIFFICULTY: medium
SPECIAL DIETS: vegetarian and gluten-free options
YIELD: 8 servings

PREPARATION TIME: 30 min over two days
TOTAL COOKING TIME: 3 hours, over two days

The sweetness of the honey cornbread combined with the sharpness of the scallions, and freshly ground herb seasonings make this dish a must-have on every holiday table.

INGREDIENTS:

FOR CORNBREAD CROUTONS:

- 1 cup yellow cornmeal
- 3/4 cup all-purpose flour (or gf flour)
- 1/2 cup sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 2 large eggs
- 4 tbsp butter
- 1/2 cup honey

FOR CORNBREAD STUFFING:

- 6 cups cornbread croutons
- 1 cup green onions, finely chopped
- 1/2 cup celery with leafy tops, finely chopped
- 2 cloves garlic, finely chopped
- 1/4 cup olive oil
- 1/4 cup butter
- 1/2 tbsp EACH of dried parsley, ground sage, dried rosemary, and dried thyme
- 1 cup chicken stock (or veg stock)
- salt and pepper

PREPARATION:

STEP ONE: CORNBREAD CROUTONS

- PREHEAT oven to 400°f/200°c
 - MELT butter in a small saucepan and set aside to cool
 - WHISK eggs in a small mixing bowl, ADD honey, then ADD butter.
 - MIX well with a wooden spoon and set aside
 - COMBINE all of the dry ingredients in a in a large mixing bowl, MIX well
 - ADD eggs, honey, and butter mixture to dry ingredients, then ADD milk. MIX well
 - SPEAD mixture out onto a parchment lined backing sheet to a thickness of 1/2 inch
 - BAKE for 20-25 minutes, or until the edges start to brown and pull away from the paper
 - COOL for five minutes then slice into 1" squares and turnout onto the baking sheet to dry
 - RETURN the croutons to the turned off oven to dry out.
- If you can, leave them there for 10-24 hours

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PREPARATION:

STEP TWO: CORNBREAD STUFFING

- PREHEAT oven to 375°F/190°C
- MELT butter in a large saucepan, ADD olive oil
- ADD green onions, celery and garlic to the pan
- SAUTE for 5 minutes
- GRIND together the parsley, sage, rosemary and thyme to make a blended seasoning
- ADD to sautéed vegetables



This next part is the tricky bit --

- ADD cornbread croutons to the pan and GENTLY combine with vegetables and spices. If you stir too much the croutons will break down and you'll have all crumbs
- Next, SLOWLY POUR the chicken (or veg) stock over the croutons, DO NOT MIX. They will become mushy if you try to stir them.
- TURN OUT completed mixture into a greased casserole dish,
- GENTLY spread out in dish, Do not mix or stir unnecessarily. It will turn to mush (trust me!)
- BAKE for 1 hour
- GARNISH with fresh parsley or whatever herbs you have on hand and serve!

NUTRITIONAL INFORMATION:

serving size = 3/4 cup (176g)

calories 416 | fat 20.6g | protein 6.1g | carbs 53.7g | sugars ~g | fiber 2.3g | cholesterol 78.5mg