

Caribbean Sweet Cornbread

serves 8

Ingredients

- 1 cup flour
- 3/4 cup yellow corn meal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 stick butter
- 1/2 cup sugar
- 3 eggs
- 14.5 ounces canned creamed corn, (one 14.5 can, or 1 1/2 cups)
- 1/2 cup drained crushed pineapple
- 4 ounces shredded Monterey Jack cheese
- 1/4 cup canola oil - plus 2 tablespoons!

Instructions

1. Preheat oven to 325 F
2. In a large bowl, combine the flour, corn meal, baking powder, and salt. Set aside.
3. In a mixer, cream the butter and sugar. While the mixer is running, add the eggs one at a time beating well after each egg.
4. Continue running the mixer and slowly one at a time, add the creamed corn, pineapple, cheese and the 1/4 cup canola oil. Mix until well blended. Slowly add the bowl of dry ingredients, and mix until well blended.
5. Grease a 9x2-inch round metal pan (or 9x9 square baking dish) with the remaining 2 tablespoons of canola oil and set in the oven for 5 minutes. Remove pan from oven and immediately pour the batter into the pan and bake until a toothpick stuck in the center comes out clean, 45-50 minutes. The cornbread should be golden brown when done. (You can also separate the mixture into into two round greased pans if preferred.)