

Spoon Bread

By: Mary J. Roe (Matthews)

From: Her son, Jimmy Matthews

$\frac{3}{4}$ cup corn meal
 $1\frac{1}{2}$ cup cold water
2 eggs, separated
 $\frac{1}{4}$ cup bacon drippings or butter
a little sugar

Sprinkle cornmeal by hand into cold water, stirring to keep smooth. Stir egg yolks into mixture and then add melted fat. Fold in the beaten egg whites. Pour into a well greased baking dish. Bake at 400° for 35 min.

This recipe was probably passed down to my mother by my Grandma Matthews. It was always one of my favorite dishes when I was growing up. -Jimmy-