



Moldavian Feta Cheese Cornbread

A secret comfort dish reflecting centuries old traditions

- 1 (5 ounce) container feta crumbled cheese
- 1/4 cup plain Greek yogurt
- 1 large egg
- 1 cup almond unsweetened milk or regular milk
- 3 Tablespoons unsalted butter, melted
- 1 cup yellow cornmeal or Professor Torbert's grits
- 6 Tablespoons all-purpose flour
- 1/4 teaspoon granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- Garnish: Paprika or smoked paprika

Prepare the Cornbread Batter: Stir feta cheese, yogurt, egg, milk, and melted butter in large bowl. Stir cornmeal or grits, flour, sugar, baking

powder, and baking soda together; add to liquid ingredients; mix until combined. Cover; let rest about 15 minutes.

Baking the Cornbread: Transfer batter to greased 8-1/2 or 9-1/2 inch-square baking pan or dish. Bake on middle rack in preheated 375-degree F oven until light golden brown; tests done, about 35 minutes. Cut into 9 squares; if desired, add a sprinkle of paprika
Serve warm. Serves: about 4

Inspired by Dallas Times Herald Newspaper, Taste Section, May 29, 1991

About the Recipe: The savory cornbread is excellent with stews and soups. It can be served simply with a slice of feta cheese or smoked ham, which is the way it is often enjoyed in Moldavia. The bonus is that it is also so easy to prepare.

Why is cornbread a favorite comfort food? Comfort foods are deeply entwined with memory. The national cuisine of each country represents a true reflection of its centuries-old traditions, which the inhabitants of every country cherish with praise. Corn is a starchy vegetable and cereal grain that has been eaten all over the world for centuries. It's rich in fiber, vitamins and minerals. Today, it's one of the most widely consumed cereal grains worldwide. Corn is usually white or yellow but also comes in red, purple, and blue. It's eaten as sweet corn, popcorn, tortillas, polenta, chips, cornmeal, grits, oil and syrup and added to countless other foods and dishes.