

Southern Sausage Creamed Corn Spoonbread

A soft, casserole-style spoonbread with browned sausage, creamed corn, cornmeal, and optional cheddar.



PREP

15 minutes

COOK

55 minutes

TOTAL

1 hour 20 minutes

SERVES

6 to 8 servings

INGREDIENTS

- 1 pound raw pork breakfast sausage
- 1 can (15 ounces) creamed corn
- 1 cup fine-ground plain cornmeal
- 1 cup milk
- 2 large eggs
- 1 teaspoon baking powder
- Up to 1/2 teaspoon salt, to taste
- 1/4 cup unsalted butter, melted and cooled
- 1 cup shredded cheddar, optional

DIRECTIONS

1. Heat oven to 400 degrees F; grease a 2 1/2- to 3-quart baking dish. Mix cornmeal, milk, and creamed corn; stand 10 minutes.
2. Crumble sausage in skillet and cook to 160 degrees F, about 8 to 10 minutes. Drain fat and cool briefly.
3. Whisk eggs into cornmeal mixture with baking powder, salt, and cooled melted butter. Fold in sausage and half optional cheese.
4. Transfer to dish; add remaining cheese. Bake 35 to 45 minutes, longer if needed, until center is set and reaches 165 degrees F. Tent if browning early.
5. Rest 10 minutes and serve by spoon. Center should be moist, not liquid or raw batter.

SWAPS & NOTES

This is a quick casserole-style spoonbread, not an airy whipped-egg soufflé. Use plain fine cornmeal, not self-rising mix.

Times are estimates; check texture and the specified internal temperature.

Chill within 2 hours (1 hour above 90 degrees F) at 40 degrees F or below. Use within 3 days, sooner for older ingredients.

Reheat leftovers to 165 degrees F. Freeze cooled portions airtight up to 2 months for quality; thaw refrigerated.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/southern-sausage-creamed-corn-spoonbread/>