

# Corn and Cheddar Pudding



## Ingredients

- 3 cups frozen corn
- 1 1/2 cups milk
- 1/2 cup half & half
- 2 large eggs
- 1/4 cup cornmeal
- 2 Tbsp honey
- 1/2 tsp cayenne, optional
- 1 tsp salt
- 4 oz. cheddar, shredded

## Info

- **Prep:** -
- **Cook:** -
- **Serves:** 8
- [Source](#)

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## Directions

1. Preheat the oven to 350 degrees. Allow the corn to thaw (this is very important). - Place the milk and half of the corn into a blender or food processor and puree.
2. In a large bowl, whisk together the corn/milk mixture, half & half, eggs, cornmeal, honey, cayenne, salt, and the rest of the corn kernels. Make sure to whisk really well so that the egg is fully incorporated or else you'll end up with chunks of baked egg in your pudding. If your corn is still frozen, the honey will not dissolve so make sure the corn is no longer cold.

3. Shred 4 ounces of cheddar cheese. Stir half of it into the corn pudding mixture. Coat a 8×8 (or similar size) baking dish with non-stick spray and pour in the pudding. Sprinkle the rest of the cheese on top.
4. Bake in the preheated oven for about one hour or until the center of the pudding shakes like a bowl full of jelly. Check the pudding at about 50 minutes by shaking the dish slightly. If the center wiggles like a liquid, let it cook just a little bit longer.
5. Allow the pudding to rest for about five minutes after baking. Serve warm!

[corn](#), [cheddar](#), [milk](#), [half and half](#), [cornmeal](#), [cheese](#)

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