

Prep Time: 15 minutes
Bake Time: 30–45 minutes
Total Time: 45–60 minutes



Samantha Shell
SHELL'S KITCHEN

Eggless Corn Pie

Ingredients

Vegetables & Aromatics

- 1 small onion
- 1 small carrot
- ½ sweet pepper
- 10 parsley leaves
- 2 chives
- 3–4 pimentos

Other Ingredients

- 4 tablespoons butter
- 1½ cups whole / full-cream milk
- 1 can whole kernel sweet corn
- 1 can cream-style corn
- 1 cup grated cheddar cheese
- Salt to taste
- 1 tablespoon black pepper
- 1 cup corn flour (Promasa or any brand)

Directions

1. Prep the aromatics
2. Place onion, carrot, sweet pepper, parsley, chives, and pimentos in a food processor or chopper. Chop to your preferred consistency- rough chop is recommended so small pieces remain visible for a nice color contrast.
3. Sauté aromatics
4. In a medium pot, melt 4 tablespoons butter over medium heat. Add the chopped aromatics and sauté for 5–7 minutes, or until the vegetables are tender and translucent.
5. Combine corn and milk
6. Remove the pot from heat. Stir in:
 - 1½ cups whole / full-cream milk
 - 1 can whole kernel sweet corn
 - 1 can cream-style corn
 - 1 cup grated cheddar cheese
 - Salt to taste
 - 1 tablespoon black pepper
7. Add corn flour
8. Add 1 cup corn flour in two parts:
 - Add first ½ cup and mix until fully incorporated
 - Add remaining ½ cup and mix thoroughly until well combined
9. Bake
10. Pour the mixture into a 9×13-inch baking dish (or similar). Bake at 400°F (175°C) for 30–45 minutes, until the top is golden brown.
11. Cool and serve
12. Allow to cool slightly before slicing, or serve hot straight from the oven- either way, it tastes delicious!