

Carrot Corn Bread

1 cup corn meal	2 tablespoons oil
1 cup grated carrots	$\frac{3}{4}$ cup boiling water
1 tablespoon brown sugar	2 tablespoons cold water
1 teaspoon salt	2 eggs, separated

Mix corn meal, carrots, sugar, salt, and oil thoroughly in mixing bowl. Stir in boiling water.

Add cold water to egg yolks and beat until thick. Mix into corn meal. Beat egg whites until stiff, and fold in.

Pour into a buttered, warmed, 8x8 pan and bake at 400° for 25-30 minutes.

Adapted from *El Molino Best* (1953).