

Jane and Dad's Tamale Pie

450 g ground beef	8 ml salt
110 g pork sausage	12 ml chili powder
1 small diced onion	5 ml cumin seed
1 clove minced garlic	250 ml cornmeal
470 ml can tomatoes	250 ml milk
470 ml can whole kernel corn	2 eggs well beaten
20-24 pitted black olives	1 cup grated cheddar/monterey jack cheese

PREHEAT oven to 175 °C.

COOK beef, sausage, onion and garlic in a large skillet 8-10 minutes.

DRAIN fat.

ADD tomatoes, corn, olives and seasonings; HEAT to boiling.

TRANSFER into an ungreased 2 L baking dish or casserole.

MIX cornmeal, milk and eggs; SET ASIDE 10 minutes: MIX well; POUR on top of meat mixture.

SPRINKLE on cheese.

COOK in oven uncovered 50-60 minutes at 175°C.

For Slow-Cooker:

SAUTÉ beef, sausage, onion and garlic in a skillet 8-10 minutes.

DRAIN fat.

TRANSFER to cooker.

ADD tomatoes, corn, olives and seasonings. COOK on low 4 hours.

MIX cornmeal, milk and eggs; SET ASIDE 10 minutes; MIX well; POUR on top of meat mixture.

SPRINKLE on cheese.

COOK on high 1 hour.

Notes:

Serves 5. Can be refrigerated for 3 days or frozen 1 month.