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ENRICHED CORNMEAL

a good choice for the thrifty family

An Energy Food

REGULAR GRIND
YELLOW or WHITE

Use them in the same ways

Use Cornmeal-
In Hot Breads



Cornbread



Cornsticks



Muffins

• In Pancakes



• Cooked

for hot cereal



or chilled, then sliced for frying



• As a coating when frying fish, chicken or vegetables

• As a dessert-



Cornmeal
Gingerbread



Cornmeal
Cookies

FNS-33 (Formerly C&MS-32)

COOKED CORNMEAL MUSH

- 1 cup cornmeal
- 1 cup cold water
- 1 teaspoon salt
- 3 cups boiling water

Mix cornmeal, cold water, and salt.

Slowly stir cornmeal mixture into the boiling water in a saucepan. Cook and stir until thick.

Lower heat. Cover and cook 15 minutes, stirring as needed to keep from sticking.

Makes 6 servings, 1/2 cup each.

FRIED CORNMEAL MUSH

Put hot cornmeal mush in a loaf pan. Cool until firm.

Remove mush from pan and cut into slices.

Put slices of mush in heated, greased fry pan and brown on both sides.

MEXICAN MEAT LOAF

- 1 medium-size onion
- 1/4 green pepper
- 1 1/2 pounds ground beef
- 1 egg
- 1/2 cup cornmeal
- 2 cups cooked or canned tomatoes
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder

Chop onion and green pepper.

Mix all ingredients well. Shape into a loaf in a baking pan.

Bake at 350° F (moderate oven) about 1 hour until browned.

Makes 6 servings.

- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

CORNBREAD

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 to 4 tablespoons sugar, if you like
- 1 egg
- 1 cup fluid milk
- 1/4 cup melted fat or oil

Mix cornmeal, flour, baking powder, salt, and sugar (if used). Set aside.

Beat egg. Add milk. Add fat or oil. Add to cornmeal mixture and stir just enough to mix.

Fill a greased pan half full.

Bake at 425° F (hot oven) 20 to 25 minutes until lightly browned.

Makes 6 servings.

CORNMEAL MUFFINS

Use recipe for Cornbread. Fill greased muffin pans half full of cornmeal mixture. Baking time will be 15 to 20 minutes.

Makes 12 muffins.

CHEESE CORNBREAD

Use 2 eggs in the recipe for Cornbread. Stir 1 1/2 cups cut-up cheese into the batter before putting in baking pan.

CORNMEAL PANCAKES

- 1 cup flour
- 1 cup cornmeal
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 eggs
- 1 ½ cups fluid milk
- ⅓ cup melted fat or oil

Mix flour, cornmeal, baking powder, salt, and sugar. Set aside.

Beat eggs in a large bowl. Add milk. Add fat or oil. Add the flour mixture and stir just enough to mix.

Cook pancakes on a heated, greased fry pan until covered with bubbles. Turn pancakes and brown other side.

Makes about 24 small pancakes.



Pancakes

CORNMEAL FRITTERS OR HUSH PUPPIES

- 1 medium-size onion, if you like
- 1 egg
- 1 cup fluid milk
- 2 tablespoons melted fat or oil
- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- Fat or oil 1-inch deep in fry pan

Finely chop onion (if used).

Beat egg in large bowl. Add rest of ingredients except fat for frying. Mix well.

Heat the fat or oil in fry pan. Drop batter from a teaspoon into hot fat.

Fry 2 to 3 minutes until golden brown on all sides. Remove from fat and drain.

Makes about 30 small fritters or hush puppies.

CORNMEAL ROLLS

- 3 ½ cups flour
- ¼ cup sugar
- 1 ½ teaspoons salt
- 1 package active dry yeast
- 1 cup fluid milk
- ¼ cup shortening
- 1 egg
- ¾ cup cornmeal

Mix half the flour with the sugar, salt, and yeast in a large bowl. Set aside.

Heat milk and ¼ cup shortening in a pan until just warm.

Add milk mixture to flour mixture. Mix until smooth.

Add egg. Beat well.

Mix in rest of flour and the cornmeal.

Knead dough about 300 times or about 10 minutes (see TO KNEAD).

Put dough in a greased bowl. Turn dough so top will be greased. Cover.

Let rise in warm place about 1½ hours until doubled in size.

Punch down in bowl to remove air bubbles.

Divide dough in 24 pieces and roll in balls. Put 1 inch apart in a greased baking pan. Cover loosely with greased wax paper.

Let rise in a warm place until doubled in size, about 1 hour.

Bake at 375° F (moderate oven) about 15 minutes until lightly browned.

Makes 24 rolls.

TO KNEAD: Put a little flour on a smooth surface and on hands. Put dough on surface. Fold far side of dough towards you. Then with heels of hands push down into dough and away from you with a rolling motion. Fold over and push down 2 or 3 times. Turn dough around slightly. Continue kneading. Add a little flour when needed to keep dough from sticking.

SPOONBREAD

3 cups fluid milk
1 cup cornmeal
1 ½ teaspoons salt
2 tablespoons fat or oil
3 eggs

Mix milk, cornmeal, salt, and fat or oil in a saucepan. Cook and stir over medium heat until thickened.

Beat eggs in large bowl. Slowly pour and stir cornmeal mixture into eggs.

Pour batter in a greased baking pan.

Bake at 400° F (hot oven) 35 to 40 minutes, until top of spoonbread is firm. Serve at once.

Makes 6 servings, 2/3 cup each.

CORNMEAL COOKIES

¾ cup fat (margarine or butter)
¾ cup sugar
1 egg
1 ½ cups flour
½ cup cornmeal
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla
½ cup raisins, if you like

Mix fat and sugar in a large bowl. Add egg and beat well.

Add rest of ingredients and mix well.

Drop dough from a teaspoon on a greased baking pan.

Bake at 350° F (moderate oven) about 15 minutes until lightly browned.

Makes about 3 dozen cookies.

CHOCOLATE CORNMEAL COOKIES

Use recipe for Cornmeal Cookies. Mix ¼ cup cocoa into cookie dough with rest of dry ingredients. Add ¼ cup fluid milk.

CORNMEAL GINGERBREAD

1 cup flour
1 cup cornmeal
½ teaspoon salt
1 teaspoon baking soda
2 teaspoons ginger
½ cup fat (margarine, butter, or shortening)
½ cup brown sugar, packed
1 egg
½ cup molasses
¾ cup hot water

Mix flour, cornmeal, salt, baking soda, and ginger. Set aside.

Mix fat, sugar, and egg. Beat well. Stir in molasses.

Mix in half the flour mixture until smooth. Stir in half the hot water.

Mix in rest of flour mixture until smooth. Stir in rest of hot water.

Fill greased baking pan half full.

Bake at 350° F (moderate oven) about 45 minutes until gingerbread springs back when touched near center.



**Cornmeal
gingerbread**



**Cornmeal
cookies**