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Corn Grits in Family Meals

Yellow corn grits, a valuable energy food, are now being distributed to needy families. To increase their nutritive value, corn grits are enriched - this means that vitamins and minerals lost in milling are added. Yellow corn grits add attractive color to any food or menu item. They are a versatile food and may be served hot with butter, as a side dish or as a cereal with milk and sugar; combined with meat, fish or cheese in casseroles, or used in desserts such as Indian pudding.

Corn grits should be stored in a cool, dry place. Store open bags of grits in a tightly closed container.

The following recipes were developed by the Human Nutrition Research Division, ARS, USDA:

CORN GRITS CEREAL

- 1 cup corn grits
- 1 teaspoon salt
- 1-1/4 quarts boiling water

Stir corn grits slowly into rapidly boiling salted water. Bring to a boil, reduce heat and stir until thickened. Cook for 15 minutes longer over low heat, stirring frequently. Yields about 4-1/2 cups cooked grits. Serves 6 (about 3/4 cup each).

Variation

1. **FRIED CORN GRITS:** Place cooked grits in a loaf pan. Chill. When cold remove from pan and cut into slices. Dip slices in flour and brown on each side in 2 tablespoons fat in a fry pan.

CORN GRITS AND CHEESE CASSEROLE

- 4-1/2 cups cooked corn grits (see recipe above)
- 2 eggs, beaten
- 2 tablespoons butter or margarine
- 1/8 teaspoon garlic salt,
- 1 cup shredded cheese
- if desired

Combine all ingredients. Mix well. Place in a greased baking pan and bake at 325° F. (slow oven) for 1 hour or until set. Serves 6 (3/4 cup each).

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CURRENT SERIAL RECORDS

CORNBREAD--USING CORN GRITS

1 cup corn grits	1/2 teaspoon salt
1 cup all-purpose flour	1 cup less 2 tablespoons milk*
4 teaspoons baking powder	2 eggs, beaten
1/4 cup sugar	1/4 cup melted butter or margarine

Mix together all dry ingredients; add remaining ingredients. Stir only until dry ingredients are moist and mixture has rough appearance. Pour into an 8-by 8-inch greased baking pan. Bake at 400° F. (hot oven) for 20 minutes or until lightly browned. Serves 6.

INDIAN PUDDING--USING CORN GRITS

4 cups hot milk*	1/2 cup sugar
1/2 cup corn grits	1/4 teaspoon cinnamon
1 teaspoon salt	2 tablespoons butter or margarine
1/4 cup light molasses or maple sirup	

Combine milk, corn grits, and salt and cook over low heat until thickened (about 15 minutes), stirring constantly. Remove from heat and stir in the remaining ingredients. Pour mixture into a 2-quart greased baking dish and bake at 275° F. (very slow oven) for 2 hours. Serves 6 (about 1/2 cup each).

TAMALE PIE--USING CORN GRITS

1 cup corn grits	1/2 cup chopped green pepper (optional)
1-1/2 teaspoons salt	2 cups cooked or canned tomatoes
4 cups boiling water	1 cup sliced ripe olives (optional)
1 pound ground beef	1 teaspoon salt
1/3 cup chopped onion	1-1/2 teaspoons chili powder

Stir corn grits slowly into rapidly boiling salted water. Bring to a boil, reduce heat and stir as needed until thickened. Lightly brown the ground beef, onion, and green pepper. Add tomatoes, olives, salt, and chili powder. Cook until heated. Line the bottom of a 2-quart baking dish with a thin layer of cooked grits, add the meat mixture, and top with spoonfuls of the grits. Or, stir the corn grits into the meat mixture and pour into baking dish. Bake at 400° F. (hot oven) for 45 minutes or until lightly browned. Serves 6 (about 1 cup each).

*1/4 cup nonfat dry milk plus 1 cup water = 1 cup milk

