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UNITED STATES DEPARTMENT OF AGRICULTURE
 AGRICULTURAL MARKETING SERVICE
 FOOD DISTRIBUTION DIVISION
 Washington, D.C. 20250

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CURRENT SERIAL RECORDS

CORN GRITS RECIPES FOR SCHOOLS AND INSTITUTIONS

Yellow corn grits, a valuable energy food, are now being distributed to schools and institutions. 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 will be distributed in 50-pound multi-wall paper bags and should be stored in a cool, dry place at a temperature between 50° and 70° to reduce the possibility of rancidity and insect infestation. Store open bags of grits in tightly closed metal containers.

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

COOKED CORN GRITS

Breads and Cereal Products

100 PORTIONS		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 2 oz.	3 qt.	Corn grits		1. Add grits to boiling salted water. 2. Boil for 10 minutes stirring frequently. Reduce heat, cover and cook 10 minutes longer stirring occasionally. Serve hot with butter or chill cooked grits, slice, dip in flour and fry until lightly browned on both sides.
2 oz.	1/4 cup	Salt		
.....	3-3/4 gal.	Boiling water		

PORTION: About 1/2 cup

INDIAN PUDDING (using corn grits)

Fruits and Other Desserts

100 PORTIONS		Ingredients	For _____ Portions	Directions
Weights	Measures			
2 lb.	1 qt. 1-2/3 cups	Corn grits		1. Stir corn grits and salt into milk. Cook until thickened (about 15 minutes), stirring constantly.
2 oz.	1/4 cup	Salt		
.....	3-1/4 gal.	Milk		2. Remove from heat and stir in remaining ingredients. 3. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches). 4. Bake at 275° F. (very slow oven) for 2 hours. 5. Serve with whipped topping or ice cream.
2 lb.	2-3/4 cups	Molasses		
3 lb.	1-1/2 qt.	Sugar		
.....	1 tbsp.	Cinnamon		
12 oz.	1-1/2 cups	Butter or margarine		

PORTION: 1/2 cup

CORNBREAD (using corn grits)

Breads and Cereal Products

<u>100 PORTIONS</u>		<u>Ingredients</u>	<u>For _____</u> <u>Portions:</u>	<u>Directions</u>		
<u>Weights</u>	<u>Measures</u>					
4 lb.	: 1 gal.	: All-purpose flour	:	1. Mix together all dry ingredients.		
4 lb.	: 2 qt. 3-1/4 cups	: Corn grits	:			
5-3/4 oz.	: 1 cup	: Baking powder	:			
1 lb. 4 oz.	: 2-1/2 cups	: Sugar	:			
1 oz.	: 2 tbsp.	: Salt	:			
.....	: 2 qt. 2-2/3 cups	: Milk	:		2. Combine milk, eggs, and fat or oil with dry ingredients. Stir only until dry ingredients are moist and mixture has a rough appearance.	
2 lb. 15 oz.	: 1 qt. 1-1/2 cups (24)	: Eggs, beaten	:			
1 lb. 8 oz.	: 3 cups	: Fat or oil, melted	:			
:	:	:	:			3. Pour into 4 greased baking pans (about 12 by 20 by 2 inches), 2 quarts or 4 pounds 12 ounces per pan.
:	:	:	:			
:	:	:	:			
:	:	:	:			
:	:	:	:	4. Bake at 425° F. (hot oven) for 25 minutes.		

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

CORN GRITS AND CHEESE CASSEROLE

Main Dishes (protein-rich)

<u>100 PORTIONS</u>		<u>Ingredients</u>	<u>For _____</u> <u>Portions:</u>	<u>Directions</u>	
<u>Weights</u>	<u>Measures</u>				
34 lb. 12 oz.	: 4 gal.	: Cooked corn grits	:	1. Combine all ingredients. Mix well.	
14 oz.	: 1-3/4 cups	: Butter or margarine, melted	:		
4 lb.	: 1 gal.	: Shredded cheese	:		
4 lb. 8 oz.	: 2 qt. 1/2 cup (40)	: Eggs, beaten	:		
.....	: 1 tsp.	: Garlic salt, optional	:		
:	:	:	:		2. Pour into 4 greased baking pans (about 12 by 20 by 2 inches), 1 gallon 1-1/2 cups or 10 pounds 4 ounces per pan.
:	:	:	:		
:	:	:	:		
:	:	:	:		
:	:	:	:		3. Bake at 350° F. (moderate oven) for 35 minutes or until set.
:	:	:	:	Serve with ham, frankfurters, or sausage.	
:	:	:	:		

PORTION: 3/4 cup--provides the equivalent of 1 ounce protein-rich food.

TAMALE PIE (using corn grits)

Main Dishes (protein-rich)

<u>100 PORTIONS</u>			<u>For</u>	
<u>Weights</u>	<u>Measures</u>	<u>Ingredients</u>	<u>Portions</u>	<u>Directions</u>
2 lb. 4 oz.	1 qt. 2-1/3	Corn grits		1. Stir corn grits into boiling salted water. Cook until thickened, stirring as needed.
.....	1 gal. 3-3/4 qt.	Boiling water		
2 oz.	1/4 cup	Salt		
8 lb. 8 oz.	Ground beef		2. Cook beef, onion, and green pepper until meat is brown and onion is tender. Add fat or oil if beef is very lean.
1 lb. 8 oz.	1 qt.	Chopped onion		
1 lb.	3 cups	Chopped green pepper		
8 oz.	1 cup	Fat or oil, if needed		
.....	3-3/4 qt.	Canned tomatoes		3. Add tomatoes, salt, and chili powder. Cook until thick, about 15 minutes. Add olives, if desired.
1-1/2 oz.	3 tbsp.	Salt		
3 oz.	2/3 cup	Chili powder (1-1/2 oz. for a mild flavor)		4. Stir only half the corn grits mixture (1 gallon or 7 pounds 10 ounces) into meat mixture.
2 lb.	1-3/4 qt.	Sliced ripe olives, if desired		
				<u>or</u>
				Combine all the corn grits mixture with the meat and eliminate step 6.
				5. Pour into 4 greased baking pans (about 12 by 20 by 2 inches).
				6. Using a No. 30 scoop (2-1/5 tablespoons), portion remaining corn grits mixture over beef mixture.
				7. Bake at 400° F. (hot oven) for 45 minutes or until lightly browned.

PORTION: About 1/2 cup--provides 1 ounce cooked lean meat.

