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# CORNMEAL IN FAMILY MEALS

Like other cereals, cornmeal is a good energy food and can be used in all family meals--breakfast, lunch, and dinner. The following recipes from the Human Nutrition Research Branch of the Agricultural Research Service show the variety of ways in which cornmeal can be used in family meals. Either white or yellow cornmeal may be used with equal success in these recipes.

## CORNBREAD

2 cups cornmeal	2 eggs, beaten
1/2 teaspoon soda	2 cups buttermilk
2 teaspoons baking powder	2 tablespoons melted
1 teaspoon salt	cooking fat or oil

Sift together dry ingredients. Add eggs to milk and stir into dry ingredients. Add melted fat or oil.

Pour into a hot greased pan about 8 inches square and bake at 425° F. (hot oven) 20 to 30 minutes.

Serve hot with butter and honey, or top with hot pork and gravy. Makes 8 servings.

## CRISPY CORNBREAD

6 tablespoons flour	1/2 teaspoon salt
3/4 cup cornmeal	1 egg, beaten
1-1/2 teaspoons baking powder	1/3 cup milk
1 tablespoon sugar	2 tablespoons melted
	cooking fat or oil

Sift together flour, cornmeal, baking powder, sugar, and salt.

Beat eggs, add milk and melted cooking fat or oil. Add mixture to dry ingredients and stir only enough to blend.

Pour into greased 9 by 9 inch baking pan and bake at 425° F. (hot oven) for 25 minutes.

Serve hot with butter, or top with barbecued pork luncheon meat. Makes 6 servings.

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## SPOON BREAD

2/3 cup cornmeal	2-2/3 tablespoons butter
1 tablespoon flour	or margarine
1/2 teaspoon salt	3 egg yolks
2-2/3 cups milk	3 egg whites

Combine cornmeal, flour, salt, and milk in top of double boiler. Cook, stirring constantly, until it is consistency of mush.

Stir in butter or margarine. Remove from the heat. Cool slightly.

Beat egg yolks and blend into cornmeal mixture.

Fold in egg whites which have been beaten until stiff.

Bake in a 9 by 9 inch baking pan at 375° F. (moderate oven) for 45 minutes.

Serve hot with butter. Makes 6 servings.

### FOR VARIETY

Cheese Spoon Bread - Add 1/2 cup grated cheese to the mixture before folding in the egg whites.

## CORNMEAL MUSH

1 cup cornmeal	1 teaspoon salt
1 cup cold water	4 cups boiling water

Mix together cornmeal, cold water, and salt.

Pour boiling water into top of double boiler and gradually stir in the cornmeal mixture.

Cook the mush over direct heat 2 or 3 minutes, stirring constantly.

Place over hot water and cook 15 minutes longer, stirring occasionally. Makes 6 servings.

### FOR VARIETY

Stir 1/2 pound grated cheese into cooked mush. Pour into wet dish or pan. Leave overnight. Slice and fry until golden brown. Serve with jelly.

Top cornmeal mush with cheese and tomato sauce or a meat sauce made with canned pork and gravy.

### CORNMEAL MUFFINS

1-1/4 cups flour	2 tablespoons sugar
3/4 cup cornmeal	1 egg
1 teaspoon baking powder	1 cup milk
1/2 teaspoon salt	1/4 cup melted fat or oil

Combine all ingredients. Mix just to moisten the dry ingredients.

Place 1/4 cup mixture in greased muffin pans and bake at 425° F. (hot oven) for 15 minutes or until a golden brown.

Serve hot with honey butter. Makes 12-14 muffins.

### CORNMEAL AND SAUSAGE

6 cups cooked cornmeal	1 teaspoon salt
1 cup milk	1 pound sausage meat

Add milk and salt to cooked cornmeal. Heat in double boiler.

Fry sausage until crisp and brown. Remove meat from pan and mix with the cornmeal.

Spread mixture in the frying pan used for sausage and cook over low heat until a crisp crust is formed. Makes 6 servings.

### TAMALE PIE

1 cup cornmeal	3/4 pound ground beef
3 cups boiling water	3 tablespoons cooking fat or oil
1-1/2 teaspoons salt	1-1/2 cups canned tomatoes
1/3 cup chopped onion	1 teaspoon salt
1/2 cup chopped green pepper	1-1/2 teaspoons chili powder

Stir cornmeal slowly into rapidly boiling salted water. Bring to a boil. Cover and cook for 40 minutes over boiling water, stirring occasionally.

Saute onion, green pepper, and ground beef in cooking fat or oil and cook until onion is tender and meat is brown.

Add tomatoes, salt, and chili powder. Cook until heated. Stir in the cornmeal mixture.

Pour into greased 9 by 9 inch baking pan and bake at 400° F. (hot oven) for 1 hour. Makes 6 servings.

### FOR VARIETY

Use about 2 cups (1/2 can) of canned pork and gravy in place of ground beef.

## CHICKEN SCRAPPLE

1 quart chicken broth	1-1/4 teaspoons salt
1-1/3 tablespoons all-purpose flour	1/4 teaspoon poultry seasoning
1-1/3 cups cornmeal	2-1/2 cups finely ground cooked chicken

Heat half the broth in double boiler.

Blend flour, cornmeal, salt, and poultry seasoning. Mix with the remaining cold broth.

Slowly stir the cornmeal mixture into the hot broth. Cook, stirring until the mixture thickens.

Cook for 30 minutes longer. Stir in the chicken.

Pour into well greased loaf pan. Cook quickly and refrigerate.

When firm, cut in slices. Roll slices in flour.

Fry in deep fat at 375° F. until brown. Makes 6 servings.

### FOR VARIETY

Pork scrapple--Substitute 1 quart of water or meat stock for the chicken broth and use about 2 cups (1/2 can) of canned pork and gravy in place of the ground cooked chicken.

## BAKED INDIAN PUDDING

1 quart hot milk	1/2 cup sugar
1/2 cup cornmeal	1/4 teaspoon cinnamon
1 teaspoon salt	2 tablespoons butter
1/4 cup molasses	or margarine

Combine milk, cornmeal, and salt. Cook until thickened (about 15 minutes), stirring constantly.

Remove from heat and stir in the remaining ingredients.

Pour mixture into a greased 8 by 8 inch baking dish and bake at 275° F. (slow oven) for 2 hours. Makes 6 servings.



