

Ideas for Cornmeal

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The delightful taste of hot, crusty cornbread can make everyday meals seem special. Hot mush, pronto pups, gingerbread, and scrapple are some cornmeal treats you will enjoy serving often.

Enriched cornmeal is loaded with energy, B vitamins, and iron. The B vitamins help keep your skin healthy and your nerves calm. They also give you a good appetite and good digestion. Without enough iron, you will feel tired and run-down.

Try making a cornmeal mix at home to use for preparing breads, griddle cakes, and gingerbread in minutes.

Look in your own cookbook for more recipes. Invent variations such as topping sliced cornbread with your favorite creamed chicken, vegetables, or fish.

How to Make Cornmeal Mix (Makes three quarts of mix)

4 cups yellow cornmeal	1/4 cup baking powder
4 cups flour, sifted	1 tablespoon salt
1 1/2 cups milk, nonfat dry	1 1/2 cups lard or other shortening

In a very large bowl, combine all ingredients except fat. Mix thoroughly. Mix in fat until mixture is crumbly. Put into a container with a tight-fitting lid. Do not pack. Store in a cool, dry place. Mix will keep about one month.

Quick Cornmeal Muffins (Makes 8 muffins)

2 1/4 cups cornmeal mix
2/3 cup to 1 cup water
1 egg, beaten (or 1/4 cup dried egg mix plus 1/4 cup water)

Preheat oven to 425° F (hot). Grease muffin pan. Combine water and egg. Add liquid to dry ingredients; stir only enough to mix. Fill muffin cups three-fourths full. Bake 20 to 25 minutes, or until lightly browned.

Quick Cornbread can be made by doubling the muffin recipe. Pour batter into a greased pan about 8 inches square. Bake in a hot oven (425° F) 20 to 25 minutes. (Two or three tablespoons of sugar may be added to this recipe if desired.) Toast leftovers for breakfast.

Quick Cornmeal Drop Biscuits

2 cups cornmeal mix
1/2 cup water

Add water to the cornmeal mix and stir only enough to mix. Drop by tablespoonsful onto a greased pan. Bake in a 425° F oven (hot) for about 12 minutes.

Cornmeal Griddle Cakes

(Makes 8 large or 16 small cakes)

2 cups cornmeal mix
2 eggs beaten (or 1/2 cup dried egg mix plus 1/2 cup water)
1/2 cup water
1 tablespoon corn syrup or molasses

Combine egg and liquids. Add to mix and stir only enough to mix. Spoon onto hot griddle and bake (if mix thickens on standing, add water to thin).

Skillet Cornbread

Use a heavy 9 or 10 inch skillet with a cover. Heat skillet over low heat. Make the cornmeal batter by following the muffin recipe. Add one tablespoon fat to the hot skillet. (It is too hot if the fat smokes.)

Pour in cornbread batter and spread evenly. Cover tightly and cook about 30 minutes over low heat. If desired, cut the bread in half and turn to brown the top. Cut in wedges and serve while hot. (The cover can be a pie pan or aluminum foil.)

Gingerbread

2 1/4 cups cornmeal mix	1/2 cup brown sugar
2 teaspoons ginger	1/2 cup molasses
3/4 teaspoon cinnamon	1 cup water
1/2 teaspoon soda	2 tablespoons butter or margarine, melted
1/4 cup dried egg mix	

Preheat oven to 400° F (hot). Grease a baking pan. Combine ginger, cinnamon, soda, and cornmeal mix. Cut in with a fork or rub between fingers until like fine crumbs.

In another bowl, combine brown sugar and dried egg mix. Add molasses, water, and melted fat and stir thoroughly. Add liquid to dry ingredients. Stir until smooth. Pour batter into pan. Bake 20 to 25 minutes. Bread is done when toothpick inserted in center comes out clean. Serve warm.

Other Recipes Using Cornmeal

Pronto Pups (Makes 12)

1/2 cup cornmeal	1/2 cup milk
1/2 cup flour	2 tablespoons shortening, melted, or oil
1 teaspoon salt	12 wieners
1/2 teaspoon pepper	
1 egg, beaten (or 1/4 cup egg mix and 1/4 cup of water)	



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Sift together cornmeal, flour, salt, and pepper. Add egg, milk, and shortening. Beat with rotary beater until smooth. Dip wieners into batter; drain. Fry in hot, deep fat (375° F) 2 to 3 minutes or until golden brown. Drain on absorbent paper.

Cornmeal Yeast Rolls (Makes 2 dozen rolls)

1 package active, dry yeast	2 eggs, beaten (or 1/2 cup dried egg mix plus 1/2 cup water)
1/4 cup warm water	4 cups sifted flour
2 cups milk, hot	1 cup cornmeal
1/2 cup shortening	1 tablespoon butter or margarine, melted
1/4 cup sugar	
1 1/2 teaspoons salt	

Soften yeast in warm water. Combine milk, shortening, sugar, and salt; stir until well blended. Cool to lukewarm. Add egg, yeast mixture, and about half the flour to milk mixture; beat until smooth. Mix in rest of flour and the cornmeal.

Turn dough out on a lightly floured surface; knead until smooth and elastic, about 10 minutes. Place dough in a greased bowl and turn to bring greased surface to top. Cover. Let rise in a warm place (about 85° F) until double in volume, about 1 hour.

Grease muffin cups. Press dough down into bowl to remove air bubbles. Beat 50 strokes. Fill muffin cups half full of batter. Let rise in a warm place until double in volume, about 30 minutes.

Preheat oven to 400° F (hot). Bake rolls about 15 minutes or until golden brown. Brush with melted fat.

Cooked Cornmeal (Mush)

(Makes 6 servings, 1/2 cup each)

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

Mix cornmeal, cold water, and salt. Stir cornmeal mixture slowly into boiling water. Stir until thickened. Cover and cook over low heat 15 minutes, stirring occasionally to keep from sticking. Serve hot, topped with sugar and milk. Or chill thoroughly in a loaf pan. Cut into 1/2-inch slices and fry in 2 tablespoons fat until brown.

Easy Meat Scrapple

(Makes 6 servings, three 1/2-inch slices each)

1 cup cornmeal	1/2 pound pork sausage meat (cooked, crumbled, and drained) <i>or</i>
1 teaspoon salt	2 cups chicken, cooked, chopped <i>or</i>
1/8 teaspoon pepper	2 cups canned beef, chopped
1 cup cold water	
3 cups boiling water	
2 teaspoons onion, chopped	

Combine cornmeal, salt, pepper, and cold water. Slowly pour into boiling water, stirring constantly. Cook until thickened, stirring frequently. Cover; continue cooking over low heat about 5 minutes, stirring occasionally. Add meat and onion; mix well. Pour into loaf pan which has been rinsed with cold water. Cool slightly; cover and refrigerate several hours or overnight.

To serve, cut into 1/2-inch slices. Fry on lightly buttered griddle or in fry pan until golden brown, about 10 minutes per side. Serve hot with syrup.

Creamed Foods on Cornbread or Muffins (An easy main dish meal)

- ✓ Any leftover meat (chicken, turkey, roasts)
- ✓ Dried beef
- ✓ Hard-boiled eggs
- ✓ Cheese sauce (add grated cheese to a white sauce).

Cheese Cornmeal Crackers

1 cup cornmeal	2 tablespoons butter or margarine
1/2 cup flour, sifted	1/3 cup water
1 teaspoon salt	1/2 cup grated cheese
1/4 teaspoon baking soda	
2 tablespoons dried milk	

Preheat oven to 350° F (moderate). Combine dry ingredients and stir in fat, water, and cheese. Turn onto a lightly floured board and knead seven or eight times until dough holds together.

Divide in half. Roll each half very thin; sprinkle with salt and cut into squares. Bake on an ungreased cookie sheet for 13 to 15 minutes.