



Ideas for Cornmeal

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This fact sheet was prepared for use in the Oregon Abundant Foods Distribution Program, but the information is basic and would be of use in any home.

The recipes use several of the abundant foods, including all-purpose flour, nonfat dry milk, lard, butter, dried whole eggs, canned chopped meat, and cornmeal.

Like other cereals, cornmeal is a good energy food and can be used in all family meals. For instance, cornmeal mush is tasty for breakfast. You can cook a big batch and save some for a later meal. Let it cool and set up until firm; then slice and fry. Serve with syrup, like pancakes.

Other cornmeal recipes can be found in most cookbooks, and may help you stretch the meat supply. Examples are tamale pie, cornmeal and sausage, and baked puddings.

Cornmeal Gingerbread

(Using dried whole egg and nonfat dry milk)

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| 1 1/4 cups flour | 2 1/2 tablespoons sifted dried egg |
| 1 1/2 teaspoons ginger | |
| 3/4 teaspoon cinnamon | 2 1/2 tablespoons lukewarm water |
| 1/2 teaspoon mace | |
| 1 cup cornmeal | 1/2 cup brown sugar |
| 3/4 teaspoon soda | 1/2 cup molasses |
| 2 teaspoons baking powder | 3/4 cup water |
| 1 teaspoon salt | 2 1/2 teaspoons lemon juice |
| 3 tablespoons nonfat dry milk | 1/2 cup butter, melted |
| | 1 cup chopped apples (if desired) |

Sift together first nine dry ingredients into a large bowl.

In another bowl, blend egg and water and beat until smooth.

Add brown sugar to egg and stir thoroughly.

Add molasses, water, lemon juice, and butter.

Make a well in center of the dry ingredients and add the liquid mixture. Blend well.

Pour into a well-greased 8-inch or 9-inch square cake pan dusted with cornmeal and bake at 425° F. for 30 to 35 minutes.

Serve with a favorite topping, such as lemon sauce, sherbet or whipped cream mound sprinkled with crystallized ginger, or canned peach slices.

Cornmeal Mix

You can make a cornmeal mix and keep it on hand for use in several recipes. We suggest that you make the mix once a month and keep it tightly covered in jars or cans in a cool place. Get in the habit of using convenient homemade mixes often. Your family will enjoy the many foods you can make using the basic cornmeal mix.

How to Make Cornmeal Mix

(Makes three-quart mix)

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|---------------------------------|-------------------------------------|
| 4 cups yellow cornmeal | 1/4 cup double-acting baking powder |
| 4 cups sifted all-purpose flour | 1 tablespoon salt |
| 1 1/2 cups nonfat dry milk | 1 1/2 cups lard or other shortening |

Sift the dry ingredients together three times in a large bowl. Cut in the shortening until well blended. Place in a glass jar or tin can and keep tightly closed in a cool place. Use the mix within a month.

Ways to Use Cornmeal Mix

Quick Cornmeal Muffins

(Makes 8 muffins)

- 2 1/4 cups cornmeal mix
- 2/3 cup water

1 egg, beaten, or 3 tablespoons sifted dried egg mixed with 3 tablespoons lukewarm water.

Put the mix in a bowl. Add the egg to 3 tablespoons of water and blend well. Add fresh or reconstituted egg and water to mix. Stir just enough to moisten.

Fill greased muffin pans two-thirds full. Bake in hot oven (425° F.) about 20 minutes.

This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, F. E. Price, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.



Quick Cornbread

(Makes 12 pieces or servings)

4 1/2 cups cornmeal mix

1 1/3 cups water

2 eggs, beaten, or 1/3 cup *sifted* dried egg reconstituted with 1/3 cup lukewarm water.

Put the mix in a bowl, add eggs and water, and stir just enough to moisten.

Pour into a greased pan about 8 inches square. Bake in a hot oven (425° F.) about 25 minutes.

Savory Cheese Cornbread

Add 1 1/2 cups shredded Cheddar cheese, 1 tablespoon chopped onion, 1 tablespoon green pepper (or dried celery leaves), and 1 teaspoon caraway seed to the liquid ingredients in the above recipe.

To dry celery leaves, spread fresh celery leaves on cookie sheet. Heat in oven at 200° F. or slightly lower temperature for about 20 minutes, or until very dry. When cool, store in tightly closed jar until used.

Quick Cornmeal Drop Biscuits

2 cups cornmeal mix

About 1/2 cup water

Put mix in a bowl and stir in water to make a soft dough. Drop by tablespoonfuls onto a greased pan or baking sheet. Bake in a hot oven (425° F.) about 12 minutes.

Quick Cornmeal Balls

These are hearty, flavorful cornmeal specialties which have been long time favorites in the South. This new recipe using the cornmeal mix makes 24 small cornmeal balls.

2 1/2 cups cornmeal mix

2 teaspoons finely chopped onion

1 egg beaten

1/2 cup water

1/2 cup chopped or diced canned meat, if desired

Put the mix and the finely chopped onion in a bowl, add egg and water. Stir just enough to moisten. Add the meat. Drop the mixture by teaspoonfuls into hot fat (360° F.) and fry until golden brown.