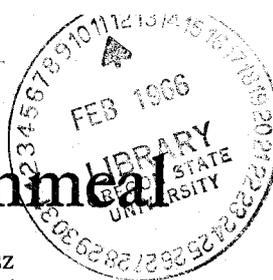


# Ideas for Cornmeal

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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, 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 cook-books, and may help you stretch the meat supply. Examples are tamale pie, cornmeal and sausage, and baked puddings.

## 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 quarts of mix)

|                                     |                                               |
|-------------------------------------|-----------------------------------------------|
| 4 cups yellow cornmeal              | $\frac{1}{4}$ cup double-acting baking powder |
| 4 cups sifted all-purpose flour     | 1 tablespoon salt                             |
| $1\frac{1}{2}$ cups nonfat dry milk | $1\frac{1}{2}$ 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 AND CORNMEAL

#### Quick Cornmeal Muffins (Makes 8 muffins)

|                                  |               |
|----------------------------------|---------------|
| $2\frac{1}{4}$ cups cornmeal mix | 1 egg, beaten |
| $\frac{2}{3}$ cup water          |               |

Put the mix in a bowl. Add egg and water to the mix. Stir just enough to moisten. Fill greased muffin

pan two-thirds full. Bake in hot oven (425° F.) about 20 minutes.

**Quick Cornbread** can be made by doubling this recipe. Pour into a greased pan about 8 inches square. Bake in a hot oven (425° F.) about 25 minutes.

#### Quick Cornmeal Drop Biscuits

2 cups cornmeal mix  
About  $\frac{1}{2}$  cup water

Put mix in a bowl and stir in water to make a soft dough. Drop by tablespoonfuls onto a greased pan. 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.

|                                                             |
|-------------------------------------------------------------|
| $2\frac{1}{2}$ cups cornmeal mix                            |
| 2 teaspoons finely chopped onion                            |
| 1 egg, beaten                                               |
| $1\frac{1}{2}$ cup water                                    |
| $\frac{1}{2}$ 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.

#### Cornmeal Gingerbread

|                                 |                                           |
|---------------------------------|-------------------------------------------|
| $1\frac{1}{2}$ cups flour       | 1 egg, beaten                             |
| $1\frac{1}{2}$ teaspoons ginger | $2\frac{1}{2}$ tablespoons lukewarm water |
| $\frac{3}{4}$ teaspoon cinnamon | $\frac{1}{2}$ cup brown sugar             |
| 1 cup cornmeal                  | $\frac{1}{2}$ cup molasses                |
| $\frac{3}{4}$ teaspoon soda     | $\frac{3}{4}$ cup water                   |
| 2 teaspoons baking powder       | $2\frac{1}{2}$ teaspoons lemon juice      |
| 1 teaspoon salt                 | $\frac{1}{2}$ cup butter, melted          |
| 3 tablespoons nonfat dry milk   | 1 cup chopped apples (if desired)         |

Sift together first eight dry ingredients into a large bowl.

Add brown sugar to egg and stir thoroughly. Add molasses, water, lemon juice, and butter.

(Continued on next page)



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Make a well in center of the dry ingredients and add the liquid mixture. Blend well. Pour into a well-greased 8-inch square cake pan dusted with cornmeal and bake in hot oven (425° F.) for 30 to 35 minutes.

Serve warm: plain or with a favorite fruit topping.

**Cornmeal Rolls** (Cornmeal and yeast combine to make these feather-light, golden rolls)

|                              |    |                               |
|------------------------------|----|-------------------------------|
| 1 package active dry yeast   | or | $\frac{1}{4}$ cup sugar       |
| 1 cake compressed yeast      |    | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{4}$ cup warm water |    | 2 eggs, beaten                |
| 2 cups milk, scalded         |    | 4 cups sifted flour           |
| 1 cup yellow cornmeal        |    | butter or margarine           |
| $\frac{1}{2}$ cup shortening |    |                               |

Dissolve dry yeast in warm water in 1-cup measure (cool to lukewarm for compressed yeast). Pour scalded milk over cornmeal, shortening, sugar, and salt in large bowl, stirring until shortening is melted; cool to lukewarm. Stir dissolved yeast and beaten eggs into milk mixture. Sift in half the flour; beat until smooth; stir in remaining flour, then beat 50 strokes to make a smooth soft dough. Coat top of dough lightly with softened shortening; cover; let rise in warm place away from draft, 1 hour, or until double in bulk. Punch dough down; beat 50 strokes. Grease 24 muffin pan cups. Spoon batter to half fill each cup; cover; let rise 30 minutes, or until double in bulk. Bake in hot oven (400° F.) for 20 minutes or until golden. Brush tops with melted butter or margarine; serve hot. (Batter is thin but thickens as it rises.)

**Cornmeal Cookies**

|                                  |                        |
|----------------------------------|------------------------|
| $2\frac{1}{2}$ cups cornmeal mix | 1 egg, slightly beaten |
| $\frac{1}{2}$ cup sugar          | 1 teaspoon vanilla     |
| $\frac{1}{2}$ teaspoon nutmeg    | 1 teaspoon water       |
| $\frac{1}{2}$ cup peanut butter  |                        |

Blend the mix, sugar, and nutmeg. Add egg, vanilla, and water; work into a stiff dough. Roll out  $\frac{1}{8}$  inch thick or less. Cut out cookies with  $2\frac{1}{2}$ -inch cutter. Bake on greased baking sheet in hot oven (400° F.) 6 to 8 minutes. Cool. Makes  $2\frac{1}{2}$  to 3 dozen cookies.

**Cornmeal Griddle Cakes**

|                     |                         |
|---------------------|-------------------------|
| 2 cups cornmeal mix | $\frac{1}{2}$ cup water |
| 2 eggs, beaten      | 1 tablespoon molasses   |

Place the mix in bowl. Combine remaining ingredients. Add to mix and stir until just moistened. Spoon on hot griddle and bake (if mix thickens on standing, add water to thin). Makes 8 large or 16 small cakes.

**Tamale Pie**

|                                   |                              |
|-----------------------------------|------------------------------|
| 1 No. $2\frac{1}{2}$ can tomatoes | 2 eggs (beaten)              |
| 1 can whole kernel corn           | 1 onion, chopped             |
| 1 cup cornmeal                    | $1\frac{1}{2}$ teaspoon salt |
| 1 lb. or more ground beef         | 2 tablespoons melted butter  |

Melt butter in casserole and put everything in. Cover casserole. Bake at 350° F. for  $1\frac{1}{2}$  hours. Stir occasionally.

**Chili Pie** (Meat and bread baked together)

|                                                                        |
|------------------------------------------------------------------------|
| $\frac{1}{2}$ cup chopped onion                                        |
| 1 clove garlic, minced                                                 |
| $1\frac{1}{2}$ lbs. ground beef (or chopped meat)                      |
| 1 8-oz. can (1 cup) tomato sauce or catsup                             |
| 1 16-oz. can (2 cups) tomatoes                                         |
| 1 20-oz. can ( $2\frac{1}{2}$ cups) kidney beans or cooked pinto beans |
| 1 tablespoon chili powder (or less)                                    |
| 1 teaspoon salt (omit salt if meat is salty)                           |

Combine the above ingredients. Put hot chili in a 2-quart baking dish. Sprinkle with  $\frac{1}{4}$  cup grated cheese. Spoon cornbread batter around edge of dish. Bake in a hot oven (425° F.) for 15 to 20 minutes.

Another way is to bake muffins or cornbread. Split muffins and spoon chili over them.

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

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

**Beef and Cornbread Casserole**

(Combine layers of cornbread dressing and canned beef or ground beef)

*Cornbread Dressing:*

|                                        |                                                   |
|----------------------------------------|---------------------------------------------------|
| 1 quart dry cornbread                  | $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped celery |
| 1 teaspoon salt                        | (optional)                                        |
| $\frac{1}{8}$ teaspoon black pepper    | $\frac{1}{4}$ cup melted margarine or butter      |
| $\frac{1}{8}$ teaspoon sage            |                                                   |
| $\frac{1}{2}$ cup finely chopped onion |                                                   |

Combine above ingredients thoroughly. Add liquid (water or meat juices) if needed to make dressing slightly moist.

Alternate layers of cornbread dressing and canned beef or cooked ground beef in a greased casserole dish, beginning with dressing and ending with the meat as a top layer. Bake at 325° F. for 45 minutes or until heated through.

**Hush Puppies** (Excellent with fish or try dipping *wieners in batter* and frying in hot fat)

|                                                                               |
|-------------------------------------------------------------------------------|
| $2\frac{1}{2}$ cups cornmeal mix                                              |
| $\frac{1}{2}$ cup finely chopped onion (or $\frac{1}{2}$ teaspoon onion salt) |
| $\frac{1}{2}$ teaspoon salt                                                   |
| 1 egg, beaten                                                                 |
| $\frac{1}{2}$ cup water                                                       |

Combine the mix, onion, and salt in bowl. Add egg and water mixed together. Stir just enough to moisten. Drop mixture by spoonfuls into shallow hot fat (360°). When brown on one side, turn and cook other side. Makes 24.

Variation: Make batter a little thinner and roll wieners in it and fry in hot fat.