



# Ideas for Cornmeal

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Analytics

Cornmeal is not too familiar to Western homemakers even though corn is a part of our American heritage. Indians introduced settlers to the wonders of corn and taught them how to grow it, how to grind it, and how to cook it. Early settlers became dependent on corn, and it became one of our most valuable contributions to the world's agriculture and to the dinner table.

Cornmeal is made from the center section of a kernel of corn. This section of corn is passed through heavy steel rollers that break it into granules, and the finer granules are called cornmeal. Like other cereals, cornmeal is a good energy food and can be used in all family meals—breakfast, lunch, and dinner. Cornmeal mush is a good, hearty breakfast food.

Cornmeal labeled "degermed" is made from corn kernels that have had the germ or "fatty section" removed in the milling process. This gives it a longer shelf life because it is not likely to become rancid or attract insects. Use cornmeal often in family meals to make them better for you and better to eat.

## How to Make Cornmeal Mix

Make this mix and keep it tightly covered in jars or cans in a cool place. When you want to have a treat for family meals, try one of the recipes using this mix. Do not store the mix longer than one month.

### Cornmeal Mix

4 cups cornmeal	$\frac{1}{4}$ cup 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. Makes 3 quarts.

## Ways to Use Cornmeal Mix

### Quick Cornmeal Muffins

$2\frac{1}{4}$ cups cornmeal mix	1 egg, beaten
$\frac{3}{8}$ cup water	

Put the mix in a bowl. Stir in the water and blend well. Add the egg and stir just enough to moisten. Fill greased muffin pans two-thirds full. Bake in hot oven (425° F) about 20 minutes. Makes 8 muffins.

**Cheese Muffins:** Add  $\frac{1}{2}$  cup grated cheese to batter. Pour into greased muffin tins; sprinkle with  $\frac{1}{2}$  cup more of the cheese. Bake.

### Quick Cornmeal Drop Biscuits

2 cups cornmeal mix	About $\frac{1}{2}$ cup water
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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. Makes about 18.

### Cornmeal Dumplings

1 cup cornmeal	3 tablespoons shortening or lard
1 cup sifted flour	$\frac{3}{4}$ cup water
1 tablespoon baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	
3 tablespoons nonfat dry milk	

Sift together cornmeal, flour, baking powder, milk, and salt. Cut in shortening until mixture resembles coarse crumbs. Add water and egg, mix just until blended. Drop batter by tablespoonfuls onto boiling beef stew or chicken and gravy. Cover and cook about 15 minutes without lifting cover. Serve immediately. Makes 6 servings.

### Quick Cornbread

$1\frac{1}{2}$ cups cornmeal mix	2 eggs, beaten
$1\frac{1}{3}$ cups 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. Makes 12 pieces.

### Corn Pone

1 tablespoon fat	1 teaspoon salt
1 cup cornmeal	$\frac{3}{4}$ cup water, boiling

Melt fat in pan in which the pone will be cooked. Combine cornmeal and salt; pour water over cornmeal. Add fat. Stir to blend well. As soon as mixture is not too hot to handle, divide into four equal portions. Shape each into a pone (pattie) about  $\frac{3}{4}$  inch thick by patting between the hands. Place in hot pan and bake in hot oven (450° F) about 50 minutes or until golden brown.



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### Hamburger Corn Pone Pie

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|--|---------------------------------------|
| 1 1-pound can tomatoes<br>(2 cups)     | $\frac{1}{2}$ cup chopped onion       |
| 1 pound chopped beef,<br>diced         | 2 teaspoons chili powder              |
| 2 cups cooked pinto or<br>kidney beans | 1 clove garlic, minced, if<br>desired |
|  | 1 recipe cornbread batter             |

Combine all ingredients except cornbread batter. Pour into 2-quart baking dish. Place in hot oven (425° F) to heat thoroughly. Mix cornbread batter and spread over hot mixture. Bake for 20 more minutes or until cornbread is browned. Makes 8 servings.

### Tamale Balls

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|--------------------------------|-----------------------------------|
| 1 pound ground beef            | 1 tablespoon chili powder         |
| 1 pound ground pork            | 1 clove garlic, finely<br>chopped |
| $\frac{3}{4}$ cup tomato juice | 1 teaspoon salt                   |
| 1 $\frac{1}{2}$ cups cornmeal  | 5 cups tomatoes                   |
| $\frac{1}{2}$ cup flour        |                                   |
| 1 tablespoon salt              |                                   |

Brown ground meats. Add tomato juice, cornmeal, flour, 1 tablespoon salt, and garlic. Shape into table-  
spoon-size balls. Bring tomatoes, 1 tablespoon chili powder, and 1 teaspoon salt to boil. Add balls and cook until done, about 20 minutes. Makes 12 servings.

### Anadama Batter Bread

(Takes half as long to make as standard yeast bread—  
good toasted)

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| $\frac{3}{4}$ cup boiling water  | 1 package active dry<br>yeast or compressed<br>yeast |
| $\frac{1}{2}$ cup cornmeal       | $\frac{1}{4}$ cup warm water                         |
| 3 tablespoonfuls shorten-<br>ing | 1 egg  |
| $\frac{1}{4}$ cup light molasses | 2 $\frac{3}{4}$ cups flour                           |
| 2 teaspoons salt                 |  |

In large mixing bowl, blend water, cornmeal, shorten-  
ing, molasses, and salt; cool to lukewarm. Sprinkle  
dry yeast over warm water (110°), or crumble com-  
pressed yeast into lukewarm water (85°). Add yeast,  
egg, and half the flour to cornmeal mixture; beat 2  
minutes, medium speed on mixer, or 300 strokes by  
hand; scrape bowl frequently; add remaining flour; mix  
until well blended. Spread in greased 8 $\frac{1}{2}$  by 4 $\frac{1}{2}$  x 2 $\frac{3}{4}$  inch  
pan. Sprinkle with 1 tablespoon cornmeal and  $\frac{1}{4}$  tea-  
spoon salt. Cover; set in warm place until doubled, about  
1 $\frac{1}{2}$  hours. Bake in slow oven (300° F) 45 minutes. Im-  
mediately remove bread from pan to cooling rack. Brush  
top with melted butter. Cool. Makes one loaf.

### Baked Indian Pudding

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|----------------------------|--------------------------------------|
| 1 quart hot milk           | $\frac{1}{2}$ cup sugar              |
| $\frac{1}{2}$ cup cornmeal | $\frac{1}{4}$ teaspoon cinnamon      |
| 1 teaspoon salt            | 2 tablespoons butter<br>or margarine |
| $\frac{1}{4}$ cup molasses |                                      |

Combine milk, cornmeal, and salt. Cook until thick-  
ened, 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  
in slow oven (275° F) for 2 hours. Makes 6 servings.

### Golden Cornmeal Biscuits

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|-----------------------------------|----------------------------------|
| 1 $\frac{1}{2}$ cups sifted flour | 2 tablespoons nonfat dry<br>milk |
| $\frac{1}{4}$ cup sugar           | $\frac{1}{2}$ cup cornmeal       |
| 3 teaspoons baking<br>powder      | $\frac{1}{4}$ cup shortening     |
| 1 teaspoon salt                   | $\frac{3}{4}$ cup water          |

Combine sifted flour, sugar, baking powder, salt,  
milk, and cornmeal. Cut in shortening until fine. Stir in  
water to form soft dough. Knead on lightly floured  
board. Roll out  $\frac{1}{2}$  inch thick. Cut into squares of diamond  
shapes with sharp knife. Bake on ungreased baking  
sheet at 450° F 12 to 15 minutes or until golden brown.

### Easy Meat Scrapple

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| 1 cup cornmeal  | 2 cups chopped cooked<br>chicken <i>or</i> |
| 1 teaspoon salt   | 2 cups chopped canned<br>beef              |
| Dash pepper   | 2 teaspoons chopped<br>onion               |
| 1 cup cold water  |  |
| 3 cups boiling water  |  |
| $\frac{1}{2}$ pound pork sausage<br>meat (cooked, crum-<br>bled, and drained) <i>or</i> |  |

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 oc-  
casionaly. Add meat and onion; mix well. Pour into  
8 $\frac{1}{2}$  x 4 $\frac{1}{2}$  x 2 $\frac{1}{2}$  inch loaf pan which has been rinsed with  
cold water. Cool slightly; cover and refrigerate several  
hours or overnight. To serve, cut into  $\frac{1}{2}$  inch slices. Fry  
on lightly buttered griddle or in fry pan until golden  
brown, about 10 minutes per side. Serve hot with syrup.  
Makes 6 servings.

### Best Fruit Dessert

#### Fruit base:

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| 1 quart fresh or frozen<br>fruit, drained   |
| $\frac{1}{2}$ cup sugar                     |
| $\frac{1}{2}$ cup water                     |
| 1 tablespoon lemon juice                    |
| $\frac{1}{2}$ teaspoon grated lemon<br>peel |

#### Topping:

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| 1 cup sifted flour               |
| $\frac{1}{2}$ cup cornmeal       |
| 3 tablespoons sugar              |
| 2 teaspoons baking<br>powder     |
| 3 tablespoons nonfat dry<br>milk |
| $\frac{1}{4}$ teaspoon salt      |
| $\frac{1}{4}$ teaspoon cinnamon  |
| $\frac{1}{4}$ cup shortening     |
| 1 egg, beaten                    |

For base, combine all ingredients in saucepan; cook  
until fruit is soft. Pour into greased 9 inch square bak-  
ing dish. For topping, sift together flour, cornmeal,  
sugar, baking powder, salt, milk, and cinnamon into  
bowl. Cut in shortening until mixture resembles coarse  
crumbs. Add egg and water, stirring until ingredients  
are blended. Spread topping over hot fruit base. Bake  
in preheated hot oven (425° F) about 10 minutes.  
Brush with milk; sprinkle with sugar. Bake an addi-  
tional 5 to 8 minutes. Serve warm.