Ideas for Cornmeal

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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
- 4 cups sifted all-purpose flour
- 1 1/2 cups nonfat dry milk
- 3/4 cup baking powder
- 1 tablespoon salt
- 1 cup 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 1/4 cups cornmeal mix
- 1 egg, beaten
- 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 1/2 cup grated cheese to batter. Pour into greased muffin tins; sprinkle with 1/4 cup more of the cheese. Bake.

**Quick Cornmeal Drop Biscuits**

- 1 cup cornmeal mix
- About 1/2 cup water
- 1 cup sifted flour
- 1 tablespoon baking powder
- 1 egg, beaten
- 1/2 teaspoon salt
- 3 tablespoons nonfat dry milk

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 15 minutes. Makes 12.

**Cornmeal Dumplings**

- 1 cup cornmeal
- 1 cup sifted flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3 tablespoons nonfat dry milk
- 3 tablespoons shortening or lard
- 1 egg, beaten
- 1/4 cup water

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**

- 1/2 cups cornmeal mix
- 2 eggs, beaten
- 1 1/2 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 cup cornmeal
- 1 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 1/2 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

1 1-pound can tomatoes
(2 cups)
1 pound chopped beef, diced
2 cups cooked pinto or kidney beans

- cup chopped onion
2 teaspoons chili powder
1 clove garlic, minced, if 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

1 pound ground beef
1 pound ground pork
1 cup tomato juice
1 pound cornmeal
1 cup flour
1 tablespoon salt

- cup chili powder
1 clove garlic, finely chopped
5 cups tomatoes

Brown ground meats. Add tomato juice, cornmeal, flour, 1 tablespoon salt, and garlic. Shape into tablespoon-size balls. Bring tomatoes, 1 tablespoon chili powder, and 1 teaspoon salt to boil. Acid 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)

- cup boiling water
- cup cornmeal
3 tablespoonfuls shortening
- cup light molasses
2 teaspoons salt

1 package active dry yeast or compressed yeast
1 egg
2 tablespoons hot water

In large mixing bowl, blend water, cornmeal, shortening, molasses, and salt; cool to lukewarm. Sprinkle dry yeast over warm water (110°). 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 x 4 x 2 inch loaf pan. Cover; set in warm place until doubled, about 1½ hours. Bake in slow oven (300°F) 45 minutes. Immediately remove bread from pan to cooling rack. Brush top with melted butter. Cool. Makes one loaf.

Baked Indian Pudding

1 quart hot milk
1 teaspoon salt
- cup cornmeal
- cup molasses

- cup sugar
1 tablespoon cinnamon
2 tablespoons butter
2 tablespoons 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 in slow oven (275°F) for 2 hours. Makes 6 servings.

Golden Cornmeal Biscuits

1 ¼ cups sifted flour
2 tablespoons nonfat dry milk
1 ¼ cup sugar
2 teaspoons baking powder
1 teaspoon salt

1 cup cornmeal
1 cup shortening
1 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 ½ inch thick. Cut into squares of diamond shapes with sharp dough. Bake on ungreased baking sheet at 450°F 12 to 15 minutes or until golden brown.

Easy Meat Scrapple

1 cup cornmeal
1 teaspoon salt
Dash pepper
3 cups boiling water
1 cup cold water
2 cups chopped canned meat (cooked, crumbled, and drained) or
2 cups chopped cooked chicken or

1 teaspoon salt
1 cup cold water
2 cups chopped canned beef
1 tablespoon chili powder

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 8½ x 4½ x 2½ inch loaf pan which has been rinsed with cold water. Cool slightly; cover and refrigerate several hours or overnight. To serve, cut into ¼ 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:
1 quart fresh or frozen fruit, drained
1 cup sifted flour
1 tablespoon lemon juice
1 cup cornmeal
1 teaspoon salt
1 teaspoon cinnamon
1 egg, beaten
1 tablespoon lemon peel
1 tablespoon shortening
1 tablespoon cinnamon
1 teaspoon sugar
1 ¼ cup milk
1 ¼ cup sugar

For base, combine all ingredients in saucepan; cook until fruit is soft. Pour into greased 9 inch square baking 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 additional 5 to 8 minutes. Serve warm.