

# EMERGENCY FOODS

## Cornmeal Ideas Using Oil

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### Key Nutrients

Eat breads and other grain products for:

- **B Vitamins**—turn food into energy
- **Iron**—makes red blood
- **Protein**—builds and repairs skin, muscle, blood, bone, and brain

Everyone needs six or more servings of grain products (breads, cereals, pasta, and rice) every day.

Cornmeal and corn flour are made by grinding dried corn. The center of the corn kernel is called the *germ*. The germ usually is removed during processing.

### Storage

If the germ has *not* been removed, store the cornmeal in the refrigerator or freezer. The oil in the germ will spoil if stored too long. Use cornmeal within a few weeks.

### Cornmeal Master Mix

- 4 cups cornmeal
- 4 cups flour
- 1½ cups dry milk\*
- ¼ cup baking powder
- 1 Tablespoon salt

1. Combine ingredients in a large bowl or plastic bag.
2. Store in a tightly closed container in a cool, dry place.

When using Cornmeal Master Mix in a recipe, add 2 Tablespoons oil for each cup of Master Mix used.

*\*If you omit dry milk from this mix, use milk—not water—when preparing a recipe.*

### Quick Cornbread

*Makes 16 servings*

- 1 egg (or ¼ cup dried egg mix and ¼ cup water)
- 1 cup water
- 4 Tablespoons (¼ cup) oil
- 2 Tablespoons sugar (optional)
- 2¼ cups Cornmeal Master Mix

1. Preheat oven to 425°F.
2. Beat egg. Add water and oil.
3. Add egg mixture and sugar to cornmeal mix. Stir only enough to mix (lumps are okay).
4. Pour into greased, 8-inch square baking pan.
5. Bake for 20-25 minutes or until done.
6. To see if bread is done, insert knife in center. If knife comes out clean, bread is done.

One serving is a 1x2-inch piece for children and a 2x2-inch piece for adults. Toast leftover cornbread for a breakfast treat.

### Corn Doodle Cookies

*Makes 3 dozen*

- 2 cups Cornmeal Master Mix
- ½ cup sugar
- ½ teaspoon cinnamon
- 1 egg (or ¼ cup dried egg mix and ¼ cup water)
- 3 Tablespoons water
- 4 Tablespoons (¼ cup) oil
- ¼ teaspoon vanilla

1. Preheat oven to 375°F.
2. Stir together cornmeal mix, sugar, and cinnamon.
3. Beat together egg, water, oil, and vanilla.
4. Add egg mixture to cornmeal mix. Stir only enough to mix (lumps are okay).
5. Drop by spoonfuls onto greased baking sheet.
6. Bake for 10-12 minutes or until lightly brown on edges.
7. Remove cookies from oven. Loosen from baking sheet with a spatula and cool on rack.

One serving is one cookie for children and two cookies for adults. For a better snack, drink milk with the cookie.

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## Cornmeal Pizza

Makes 4 servings

### Crust

3 cups Cornmeal Master Mix

$\frac{2}{3}$  cup water

6 Tablespoons oil

1. Preheat oven to 425°F.
2. Combine Cornmeal Master Mix, water, and oil.
3. Stir only enough to mix (lumps are okay).
4. Roll or pat dough into an 11x17-inch pan—a cookie sheet with sides, a jelly roll pan, or a pizza pan are easiest to use.
5. Bake crust for 5 minutes.
6. Remove crust from oven and spread with pizza sauce. Pizza sauce can be purchased at the store or homemade.

### Homemade Pizza Sauce

Mix together:

One 8-ounce can tomato sauce

One 6-ounce can tomato paste

Add to tomato mixture:

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{4}$  teaspoon garlic powder

1 teaspoon oregano leaves, crushed

7. Add chopped vegetables and grated mozzarella cheese to pizza. Let the children personalize parts of the pizza with their favorite toppings such as onion, green peppers, fresh mushrooms, fresh tomato, chopped ham, cooked hamburger, or sausage.
8. Return pizza to oven and bake for 15 more minutes, or until the cheese is melted.
9. Remove pizza from oven and serve with a green salad, carrot sticks, or other vegetables.

One serving is a 4-inch square for children and a 6-inch square for adults.

Refrigerate leftover pizza—it will be a good snack or meal for later. Use covered containers or plastic wrap to cover refrigerated foods. Covering food helps keep it fresh tasting and protects it from picking up flavors from other foods.

## Cornmeal Hush Puppies

Makes 7 servings

1 egg (or  $\frac{1}{4}$  cup dried egg mix and  $\frac{1}{4}$  cup water)

1 medium onion, finely chopped (or  $\frac{1}{2}$  cup fresh blueberries)

1 cup cornmeal

1 cup flour

1 Tablespoon baking powder

1 teaspoon salt

1 cup milk

1 Tablespoon oil or melted fat

1. Combine egg and onion (or  $\frac{1}{2}$  cup fresh blueberries).
2. Mix together cornmeal, flour, baking powder, and salt.
3. Add milk and oil or fat.
4. Add egg and onion (or blueberries) mixture.
5. Mix all ingredients well. It might be lumpy.

### Frying Hush Puppies

1. Pour 1 Tablespoon oil into a medium fry pan. Heat the oil until hot. Oil is hot when a small amount of batter sizzles when dropped into the fry pan.
2. Drop 1 Tablespoon hush puppy batter from a spoon into the fry pan. Fry 2 or 3 minutes, turning once. Cook until golden brown on both sides. Continue with remaining batter.
3. Remove hush puppies from pan and drain well on paper towels.

Serve with a meal with gravy or meat sauce, or dip in syrup or fruit sauce.

Recipe makes about 30 small hush puppies. One serving is two hush puppies for children and four for adults.

Refrigerate leftover hush puppies promptly.

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