

For the Farm Wife and Family

The Delicious Flavor Of Cornmeal

By Mrs. Richard C. Spence

Can you think of a more enticing odor escaping from the kitchen than that of corn bread, cornmeal muffins or cornmeal cookies. So that it will be easy to serve delicious breads made from cornmeal more often to your family we have for you today a recipe for Cornmeal Mix and some recipes for using that mix.

This recipe makes 3 quarts of mix. Store in tightly covered jars in a cool, convenient place. Then in making biscuits, muffins and other breads for one meal, just use the amount of mix called for in the recipe. This recipe has been developed by the U.S. Department of Agriculture.

CORNMEAL MIX

- 4 cups of yellow cornmeal
- 4 cups of sifted all-purpose flour
- 1 1/2 cups nonfat dry milk
- 1/4 cup baking powder
- 1 tablespoon salt

1 1/2 cups shortening (lard)

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 of mix.

QUICK CORNMEAL MUFFINS

- 2 1/4 cups cornmeal mix
- 2/3 cup water
- 1 egg, beaten

Put the mix in a bowl. Add the egg and water, and stir just enough to moisten. Fill 8 greased muffin pans two-thirds full. Bake in a hot oven

(425 degrees) about 20 minutes.

QUICK CORNBREAD

- 4 1/2 cups cornmeal mix
- 1 1/2 cups water
- 2 eggs, beaten

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 degrees) about 25 minutes. Makes 12 pieces or servings.

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 degrees) about 12 minutes.

These Cornmeal Balls are hearty flavorful cornmeal specialties which have been longtime favorites in the South.

QUICK 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 degrees) and fry until golden brown. Makes 24 balls (small).

CHEESE-ONION SPOONBREAD

- 1 cup shredded sharp process American cheese
- 1/2 cup chopped onion
- 1 teaspoon butter
- 1 egg, beaten
- 1/2 cup milk
- 1 tablespoon poppy seed
- 1 1/2 cups cornmeal mix
- 2 tablespoons melted butter

Cook onion in 1 teaspoon butter until tender. Combine egg and milk in buttered 1 1/2 quart casserole. Stir in cornmeal mix. Add onion and half of cheese. Sprinkle remaining cheese and poppy seed over top. Drizzle melted 2 tablespoons butter over all. Bake in hot oven (400 degrees) 20 to 25 minutes. Serve hot.

Serving Note: This spoonbread is especially tasty served with black-eyed peas topped with strips of thick sliced bacon and surrounded by cooked tomatoes.

Here we're using cornmeal in cookies. This recipe makes about 6 1/2 dozen cookies.

CORNMEAL COOKIES

- 1/2 cup butter
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- 1 egg
- 1 1/2 cups sifted flour
- 1/2 cup cornmeal
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon nutmeg

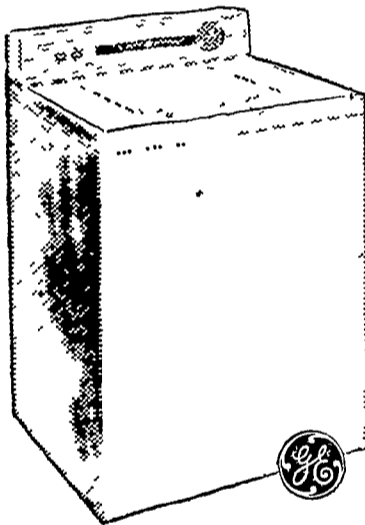
Cream butter, add sugar gradually and cream well. Add eggs and beat until the mixture is light and fluffy. Add vanilla. Sift together the flour, cornmeal, baking powder, salt, and nutmeg. Add them to the creamed mixture and mix thoroughly. Roll the dough on a lightly floured board until the dough is 1/8 inch thick or less. Cut out cookies with a 2-inch cutter. Bake on a greased cookie sheet or pan at 400 degrees (hot oven) for about six minutes or until the cookies are very lightly browned.

As a dessert cornmeal adds its delicious flavor to such good old-fashioned dishes as

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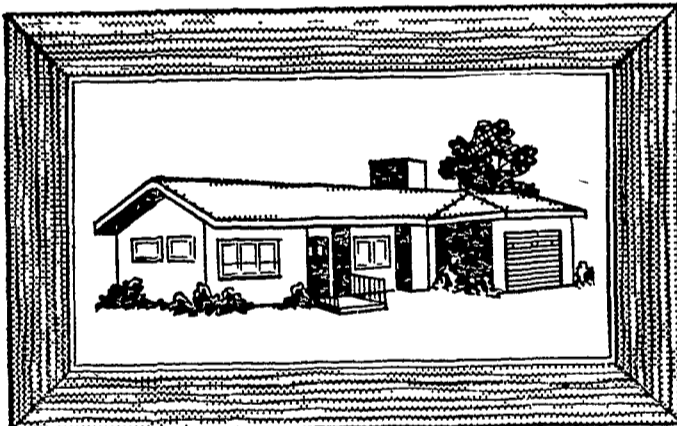
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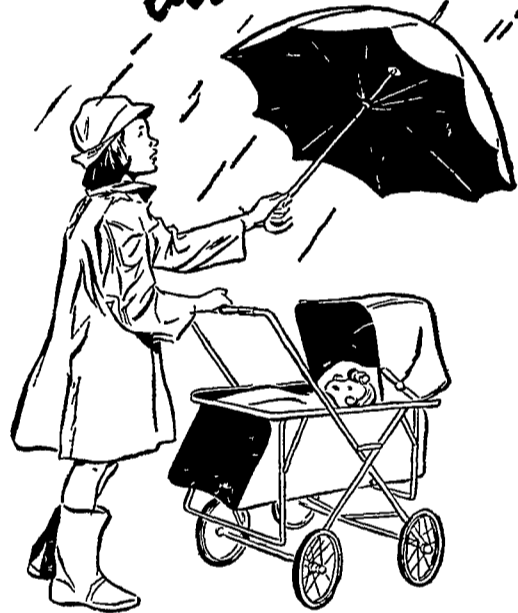
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