

# RECIPES WITH CORNMEAL

## COOKED CORNMEAL MUSH

- 1 cup cornmeal
- 1 cup cold water
- 1 teaspoon salt
- 3 cups boiling water

Mix cornmeal, cold water and salt. Slowly stir cornmeal mixture into the boiling water in a saucepan. Cook and stir until thick. Lower heat. Cover and cook 15 minutes, stirring as needed to keep from sticking.

Makes 6 servings, ½ cup each.

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## CORNMEAL PANCAKES

- 1 cup flour
- 1 cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 eggs
- 1½ cups of fluid milk
- 1/3 cup melted fat or oil

Mix flour, cornmeal, baking powder, salt and sugar. Set aside. Beat eggs in a large bowl. Add milk. Add fat or oil. Add the flour mixture and stir just enough to mix. Cook pancakes on a heated greased frying pan until covered with bubbles. Turn pancakes and brown other side.

Makes 24 small pancakes.

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## SPOONBREAD

- 3 cups of fluid milk
- 1 cup cornmeal
- 1½ teaspoons salt
- 2 tablespoons oil
- 3 eggs

Mix milk, cornmeal, salt and oil in a saucepan. Cook and stir over medium heat until thickened. Beat eggs in a large bowl. Slowly pour and stir cornmeal mixture into eggs. Pour batter in a greased 9-by-9-by-2-inch baking pan. Bake at 400 degrees F (hot oven) 35 to 40 minutes until the top of spoonbread is firm. Serve at once.

Makes 6 servings, 2/3 cup each.

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## **CORNBREAD**

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 to 4 tablespoons sugar (optional)
- 1 egg
- 1 cup of fluid milk
- ¼ cup oil

Mix cornmeal, flour, baking powder, salt and sugar (if used). Set aside. Beat egg. Add milk and oil. Add fat or oil. Add to cornmeal mixture and stir just enough to mix. Fill a greased 9-by-9-by-2-inch pan half full. Bake at 425 degrees F (hot oven) 20 to 25 minutes, until lightly browned.

Makes 6 servings.

## **CORNMEAL MUFFINS**

Use recipe for cornbread. Fill greased muffin pans half-full of cornmeal mixture. Bake at 425 degrees F (hot oven) 15 to 20 minutes.

Makes 12 muffins.

## **CHEESE CORNBREAD**

Use 2 eggs in the recipe for cornbread. Stir 1½ cups grated cheese into the batter before putting in baking pan.

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## **CORNMEAL GINGERBREAD**

- 1 cup flour
- 1 cup cornmeal
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons ginger
- ½ cup margarine, butter or shortening
- ½ cup brown sugar, packed
- 1 egg
- ½ cup molasses
- ¾ cup hot water
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Mix flour, cornmeal, salt, baking soda and ginger. Set aside. Mix fat, sugar and egg. Beat well. Stir in molasses. Mix in half the flour mixture until smooth. Stir in half the hot water. Mix in rest of flour mixture until smooth. Stir in rest of hot water.

Fill greased 9-by-9-by-2-inch baking pan half full. Bake at 350 degrees F (moderate oven) for about 45 minutes, until gingerbread springs back when touched near the center.



## **MEXICAN MEATLOAF**

- 1 medium onion
- ¼ green pepper
- 1½ pounds ground beef
- 1 egg
- ½ cup cornmeal
- 2 cups cooked or canned tomatoes
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon chili powder

Chop onion and green pepper. Mix all ingredients well. Shape into a loaf in a baking pan. Bake at 350 degrees F (moderate oven) for about 1 hour, until browned.

Makes 6 servings.