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EC9931 Grain Sorghum Recipes

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GRAIN SORGHUM RECIPES

Several varieties of grain sorghums may be ground either by a small hand grinder at home or at the mill. They make welcome additions to daily meals as cereal, fried mush, or in muffins and pancakes. Any variety of grain sorghum may be used.

Sorghum is similar to wheat in composition. It is superior to wheat in amount of iron but contains somewhat less calcium and phosphorus. Ground sorghum flour does not contain gluten so does not make a stretchy light product.

Ready to Serve Sorghum Breakfast Cereal

- | | |
|----------------------------------|----------------------------|
| 3 c. home ground grain sorghum | 1 t. salt |
| 1 t. soda | 1/3 c. molasses or sorghum |
| 1 3/4 c. buttermilk or sour milk | syrup |
| 1/4 c. sugar | |

Combine as for pancakes. Spread the batter thinly on flat pans and bake very slowly until crisp. Put into a clean cloth bag and break or crush like ice. Serve with cream. (If a less sweet product is desired, use less sugar or molasses.)

Cooked Cereal

Clean and grind fine, the grain sorghum. Soak over night, then cook about one hour in the morning. Serve hot with cream and sugar.

Cooked Cereal

Clean, wash and dry the grain sorghum and then grind it. Sift and divide into coarse and fine. Coarse ground grain sorghum may be soaked over night in unsalted water and in the morning cooked and served as hot cereal. The ground grain may be toasted in an oven before cooking to give it a different flavor.

Mush

Finely ground grain sorghum may be used for mush using the usual method of preparation.

Sorgo Muffins

- | | |
|----------------------------------|-----------------------------|
| 3/4 c. white flour | 2 T. melted lard |
| 1 1/2 c. sorghum or kaffir flour | 1 c. milk |
| 3/4 t. salt | 1/2 c. sorgo syrup, cane |
| 2 t. baking powder | sorghum or molasses. |
| | Raisins or dates if desired |

Combine dry ingredients. Combine fat and liquid ingredients, add to dry mixture as quickly as possible, mixing only enough to dampen flour. Bake in muffin pans or in a flat pan and cut into squares or diamonds. Oven temperature 400° F. Time 25 minutes.

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Sorgo Pancakes

1 c. sorghum flour 1 T. lard
1/2 t. salt 1 c. milk
1 1/2 t. baking powder

Combine dry ingredients. Combine melted lard and milk and add to the dry mixture. Beat until smooth. Pour from a pitcher onto a hot griddle.

Bread

Use one part of grain sorghum flour to one part white flour, or one part Milo or Kalo to two parts white flour.

Corn Bread

Clean, grind fine and sift. Prepare as you would corn bread. Use one part wheat flour and two parts sorghum flour.

Popped

Same as popcorn. Serve with salt and melted butter or with cream and sugar. Use Milo, Kalo or Kaffir, or Atlas.

Cookies

Substitute for whole wheat flour.

Hominy

Same as wheat hominy.

Sandwich Spread

Cook as for cereal. Add fresh cracklings. Mold into loaf. Slice and use for filling.

(Material prepared by Dr. Rebekah Gibbons, Associate Professor of Foods and Nutrition, Home Economics Dept., and Miss Florence Atwood, Associate State Director in Charge of Home Economics, Farm Security Administration. Arranged by Miss Mabel Doremus, State Extension Agent, Foods and Nutrition.)

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