

1933

EC916 Revised 1933 Hominy

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Revised
1933Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICSExtension
Circular
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W. H. Brokaw, Director, Lincoln

HOMINY

Hominy is a product usually made from corn which is a native cereal of America, and still maintains a prominent place among cereal products. The low price of corn makes possible the preparation of economical dishes. Wheat may be used in practically the same way that corn is used in making hominy. However, it is a more laborious task and consumes considerable time. Since cracked and whole wheat may be used in many palatable and inexpensive forms,* the information in this circular is confined to corn hominy.

Hominy forms a basis for many popular dishes. It may be used instead of rice, macaroni, in place of a starchy vegetable, for a breakfast cereal, or as a dessert.

There are several kinds of hominy available such as grits, samp, pearl and lye. Lye hominy is considered by many people the best type. It is made by soaking or cooking the whole kernel in water that contains lye until the hulls are softened. Its preparation has been found to be an easy method to use in the home. Any variety of white or yellow dent or flint corn may be used. Yellow corn contains more Vitamin A than white corn but by the time it is ready for table use, the difference is practically negligible. Some homemakers dry the lye hominy in the oven, then grind it and use it for grits.

The corn must be from clean, sound ears. It should be hand picked as is done with beans and then thoroughly washed. Do not attempt to use grains that are old, smutty, or that have been stored in damp, rat-ridden cribs or granaries. It is impossible to obtain tasty products when such grains are used.

Hominy Process-Boiling in Lye Water

5 T (level) lye 1 gal. boiling water 4 qt. corn
Boil ingredients for 30 minutes. As the liquid thickens, add more water. At the end of 30 minutes drain. Wash thoroughly until all the lye is washed off. Put back on the stove and cook again about 30 minutes. Then drain and wash. Repeat this process until the black chits are removed. (A coarse wire strainer is excellent to use in the washing process to help separate the black chits from the kernels.) Cover with water to which 4 T of salt have been added and boil in a covered kettle for three or four hours or until thoroughly cooked, making sure that the hominy remains covered with water. Changing the water once or twice during the cooking will lessen the taste of lye. Four quarts of corn will make from 12 to 16 quarts of lye hominy. Soda may be used instead of lye to remove the hulls but it is a slower method and the color is not as appetizing.

Caution: Do not use anything but an iron kettle and stir with a paddle. When washing the hominy, do not put the hands into the first four wash waters.

*See Emergency Circular, "Appetizing Cracked Wheat Recipes."

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Hominy Process--Soaking in Lye Water

Cold soaking in lye water is also effective and gives what some consider a more delicate flavor. The Division of Cereal Investigations of the Bureau of Plant Industry, Washington, D. C., recommends the following method:

"Dissolve 5 ounces of lye (sodium hydroxide or caustic soda) in 6 quarts of cold water. Stir in 5 quarts of corn and let stand 15 hours. Wash thoroughly to remove the lye and the hulls; rubbing the hominy in a cloth bag helps to take off the hulls. When the washing is finished the hull and black tip should be off and the kernel should look clean. The slight discoloration which the lye causes may be removed by soaking the hominy overnight in water to which a little salt has been added. Cover with water to which 5 tablespoons of salt have been added and boil in a covered kettle for three or four hours or until thoroughly cooked, making sure that the hominy remains covered with water. Changing the water once or twice during the cooking will lessen the taste of lye. Five quarts of corn will make from 15 to 20 quarts of lye hominy."

Canning Hominy

Put in kettle and bring to boiling point. Pack loosely into hot jars. Add 1 t. salt to each quart (if not seasoned during precooking). Fill jars with hot water. Process for 3 hours in hot water bath or $1\frac{1}{2}$ hours at 10-pound pressure in pressure cooker.

RECIPES

Hominy Croquettes

4 c. cooked lye hominy	Onion juice	2 egg yolks
2 T. cream or milk	Nutmeg	Egg
Salt and pepper	Chopped parsley	Crumbs

Put hot hominy through food chopper, add cream or milk, and seasonings. Mix well. Add the well-beaten yolks of eggs and let stand until cold. Shape into oblong croquettes, roll in fine bread crumbs, dip in beaten egg, again roll in crumbs. Fry until brown, in hot fat. Serve with tomato sauce.

Tomato Sauce to Serve with Croquettes

2 T. flour	Pepper	1 c. tomatoes
2 T. fat	$\frac{1}{4}$ t. salt	(strained)

Melt fat, add flour, and then tomato. Season and cook until thick. Other seasonings as onion, bit of bay leaf, peppercorns and cloves may be added.

Hominy and Bean Cakes

1 c. boiled coarse hominy	$\frac{1}{2}$ c. milk
1 c. cooked red kidney beans	1 T. fat
$\frac{1}{2}$ t. cayenne pepper	1 t. salt
	$\frac{1}{2}$ T. cornstarch

Make a white sauce by melting the fat, blending with it the cornstarch, salt, and pepper, adding the milk and cooking until thickened. Grind the hominy and beans through a food chopper, mix with the white sauce, form into cakes, and brown in a little fat.

Hominy Rounds

Grind or mash hominy, form in cakes, saute on both sides until crisp and brown. Arrange on a hot platter, garnish with sausage or crisp bacon.

Variation - Add a small amount of canned salmon or left over cooked fish or meat to the hominy before forming into cakes. Then saute and serve hot.

Hominy Fritters

Grind whole cooked hominy, using the coarse chopper. Place $3\frac{1}{4}$ c. in a mixing bowl, add 1 T. melted butter, 2 eggs slightly beaten and 1 c. milk. Sift $1\frac{3}{4}$ c. flour with $\frac{1}{2}$ t. salt, 2 t. baking powder, and 2 t. sugar. Stir thoroughly and drop by teaspoonfuls into deep fat at a temperature which will brown in inch cube of bread to a golden brown in 50 seconds. Dust with powdered sugar, and serve hot with honey, sorghum, or sirup.

Hominy Turnovers

1 pt. cooked coarse hominy	2 well-beaten eggs
1 cup milk	1 T. fat
1 t. salt	

Mix all together. Turn into a frying pan in which the fat has been melted. Stir until hot throughout. Let it cook until golden brown on the bottom, then fold like an omelet and serve on a hot platter. This is suitable for the main dish at supper or luncheon.

Hominy and Sausage

6 c. cooked hominy	1 t. salt
1 c. milk	1 lb. sausage meat

Heat the hominy with the milk and salt in a double boiler. Fry the sausage until crisp and brown. Remove the sausage meat and mix with the hominy. When well mixed spread the mixture in the frying pan used for sausage. Cook over low heat until a crisp brown crust has formed, and serve on a hot platter.

Sausage and Hominy Rolls

2 c. chopped hominy	1 egg beaten
$\frac{1}{2}$ t. salt	Pepper

Shape the above mixture like sausages and roll in crumbs. Place them in a roasting or iron frying pan, alternating with link sausages. While baking, turn once or twice in sausage fat.

Hominy and Oysters

$1\frac{1}{2}$ c. chopped hominy	$\frac{1}{2}$ c. milk
1 T. fat	$\frac{1}{2}$ t. salt
$\frac{1}{4}$ c. bread crumbs	Pepper
2 doz. oysters and liquor	

Grease a baking dish and put in a layer of hominy, then a layer of oysters, adding seasoning to each. Alternate until all materials are used. Pour milk and oyster liquor over oysters and put buttered bread crumbs on top. Bake in oven till browned on top; about 30 to 45 minutes.

Casserole of Meat and Hominy

Chop 1 c. hominy, put in buttered casserole in layers, alternating with $\frac{1}{2}$ c. diced cooked meat. Chicken, beef, ham, bacon, or veal may be used. Add seasonings, salt, pepper, chopped parsley, and onion salt. Add 1 c. meat stock or hominy liquid or white sauce. Cover with buttered crumbs and cook covered 1 hour.

Potted Hominy and Meat

2 c. hominy	1 T. flour	$\frac{1}{4}$ lb. dried beef or
1 T. butter	1 c. diced carrots	1 c. cooked fish
1 c. milk	$\frac{1}{2}$ t. salt	1 c. diced potatoes

Make white sauce. Mix carrots, potatoes, hominy, and meat, put in baking dish with white sauce and bake 1 hour.

Mystery

6 c. cooked hominy	1 lb. hamburger	Salt
1 c. tomato soup	1 onion	Pepper
$\frac{1}{2}$ lb. American cheese	1 green pepper	

Have two skillets ready. Into the first place three tablespoons of butter and slice into it the onion and green pepper. When slightly browned, add hamburger, stirring to prevent burning, and let this brown. In the second skillet heat tomato soup and hominy, mixing thoroly. Combine first mixture with second. Put over slow fire and simmer for one-half hour. Add cheese grated or cut finely enough to melt easily.

Scrambled Eggs with Hominy and Cheese Sauce

File hot hominy in center of platter. Surround with scrambled eggs. Over the hominy pour cheese sauce which has been made as follows:

1 c. milk	$\frac{1}{2}$ t. salt	4 T. grated cheese
2 T. flour	1 T. butter	

Make white sauce, adding cheese last.

Tomato, Hominy, and Cheese on Toast

3 T. flour	1 onion, sliced	$\frac{1}{2}$ lb. cheese, grated
3 T. melted butter	2 c. cooked hominy	or shaved thin
2 c. canned tomatoes	2 t. salt	

Brown the flour in a heavy skillet, remove the flour from the skillet and blend with the two tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about ten minutes. Stir in the cheese and when melted serve hot on thin crisp toast.

Cheese, Hominy, and Tomato

1 c. cooked hominy	$\frac{1}{2}$ medium sized green pepper	
3 medium sized tomatoes or	$\frac{1}{4}$ medium sized onion	1 t. salt
1 c. canned tomatoes	4 T. grated cheese	

Cook tomatoes, onion, and green pepper 20 minutes. Add seasoning. Alternate layers of hominy, cheese and tomatoes in a greased baking dish. Bake in a moderate oven until well blended.

Hominy Salad

2 c. cooked hominy (cold)	2 hard cooked eggs
$\frac{1}{4}$ c. diced pickle or stuffed olives	2 tomatoes or pimento
$\frac{1}{2}$ c. grated carrots or celery	Tart salad dressing
1 small onion, finely diced	1 c. finely diced cheese (may be omitted if desired)

Mix ingredients with enough salad dressing to moisten. Let stand in a cool place for a short time until flavors blend. Serve on lettuce leaf, garnish with eggs and quartered tomatoes or bits of pimento.

Baked Hominy and Tomatoes

2 c. drained hominy	1 c. bread crumbs
$1\frac{1}{2}$ c. canned tomatoes	Salt and pepper to taste
1 beaten egg	$\frac{1}{4}$ c. chopped cheese may be added
4 T. butter	

Mix the hominy (may be chopped fine or ground), tomatoes, and beaten egg. Melt the butter in a saucepan, add the crumbs, stir until mixed, then add half of the buttered crumbs to the hominy mixture. Season to taste with salt and pepper. Cheese added to the dish gives a nice flavor. Leftover meat may likewise be utilized. Pour into a greased baking dish, cover with the remaining buttered crumbs, and bake in a moderate oven of 350 degrees F. for 30 minutes. Serves 6.

Scalloped Hominy and Ham

Place slices of ham, the size that will be used for servings, in a baking dish. Cover with hominy, add a small amount of minced onion, milk, and flour in proportion of 1 c. milk to 1 T. flour. Season to taste. Bake until ham is tender. Serve hot.

Hominy and Pork Chops

6 pork chops	2 c. tomatoes
3 c. hominy	1 c. peas
6 thin slices onion	Salt and pepper

Brown chops and arrange in roaster or baking dish. Place hominy on top of each chop, and then slices of onions. Pour over the chops and hominy, the tomatoes and peas; add seasoning. If available a little green pepper is a good addition. Cover and bake in oven. Just before taking from oven, remove cover and brown.

Baked Hominy

3 c. cooked hominy	$\frac{1}{2}$ t. dry mustard
$1\frac{1}{2}$ c. grated American cheese	Salt and pepper
$\frac{1}{2}$ c. milk	1 egg

Heat and drain the hominy. Add grated cheese and egg to the milk and heat it, stirring continually. Mix hominy and milk; add mustard mixed with teaspoon of milk, and salt and pepper to taste. Pour into a shallow baking dish; bake in a moderate oven, 350 degrees F., for just a few minutes.

Fruit Scallops

1½ c. cooked hominy grits or	½ c. apricot juice
ground lye hominy	1 T. sugar
1 c. stewed apricots	½ t. cinnamon
	½ T. butter

Add fruit juice to hominy, then place a layer into a greased baking dish, then a layer of fruit. Repeat until the ingredients are all used. Dot over with the butter and sprinkle with tablespoonful sugar mixed with cinnamon. Bake until brown. Serve hot with sauce or thin cream or milk. Peaches, pears and other fruits may be used instead of apricots.

HOMINY GRIT RECIPES

Boiled Hominy Grits

1 c. hominy grits	5 c. water	2 t. salt
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Add the grits slowly to the salted boiling water. Boil ten minutes over fire, then place in the fireless cooker and allow to remain overnight, or cook for 2 hours in a double boiler.

Hominy and Date Pudding

1 c. hominy grits or	1 t. salt
lye hominy ground	1/8 c. sugar
5 c. milk (skim or whole)	1 c. chopped seeded dates
	1 t. vanilla

Add the salt and hominy grits to the milk and cook in a double boiler one hour. Add sweetening, dates, and vanilla, and mix well. Partially cool before serving.

Hominy Muffins

1 c. cold boiled hominy grits	2 t. baking powder
or ground lye hominy	½ t. salt
1 c. sweet milk	1¼ c. corn flour
1 egg	1 T. melted fat

Beat the milk and egg into the hominy grits, add the melted fat and dry ingredients. Mix well and bake in well-greased muffin pans for 30 minutes. Makes 12 muffins.

Hominy Griddle Cakes

1 c. milk	2 t. baking powder	½ c. hominy, chopped or mashed
1½ c. flour	1 egg	

Mix and sift dry ingredients. Add slowly the milk with beaten egg, then hominy. Fry on hot griddle.

(Prepared by Florence J. Atwood, State Extension Agent, Foods and Nutrition, and approved by Foods and Nutrition Division, Home Economics Department.)