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W. H. Brokaw, Director, Lincoln Extension
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CORN MEAL RECIPES

Corn meal may be used in a variety of ways. Many states have recipes typical of their locality which are excellent. Here are some suggestions that might be of interest when you are deciding what to have for supper.

Whole ground corn meal is a starchy food that contains some protein. This kind is rich in iron and in vitamins B and G. This meal should be used as soon as possible. Keep it in a cool place, if possible in a covered can or jar; if not, tie the sack tightly.

Refined corn meal is a starchy food that contains some protein. Its chief value in the diet is as a source of energy or fuel. Keep in a closed container in a cool, dry place.

In some of the following recipes dry skim milk has been used. Dry skim milk has practically the same food value as fresh skim milk. It provides the protein, calcium, and other minerals, milk sugar, and vitamins B and G of milk. Only the fat, vitamin A and water are removed from the whole milk in the preparation of dry skim milk. 3-1/2 ounces (7/8 c.) of dry skim milk made into a liquid with 3-3/4 c. water equals about a quart of fresh skim milk. For convenient household measurement use one cup powdered milk for each quart of water; or one-fourth cup milk powder for a cup of water. When substituting whole milk for dry skim milk omit the dry skim milk and use hot milk in place of hot water in following recipes.

CORN MEAL MUSH

2 cups corn meal
2 cups cold water

2-1/2 to 3 cups boiling
water
3 teaspoons salt

Mix the corn meal and cold water. Add the boiling water and salt, and cook over water, covered, for about one hour. Serve with stewed fruit or pour into a deep dampened pan to set. Cut into slices and brown on both sides in fat.

Variations: Add 1/2 to 1 cup cooked onions to the mush, or 1 cup cooked chopped meat or fish, or 1 cup finely cut cheese, before pouring into the pan. When set, but into slices and brown on both sides in fat.

CORN MEAL PUDDING

1 cup corn meal
1/2 cup dry skim milk
1 cup cold water
2 teaspoons salt

2-1/2 cups boiling water
1 cup dried fruit
1/2 cup sugar
Nutmeg

Mix the corn meal and dry skim milk thoroughly. Stir in the cold water slowly, then add the boiling water and salt. Wash and cut the dried fruit into small pieces and add to the first mixture with the sugar. Put the pan, covered into a pan of boiling water and cook for about one hour. Serve hot with milk.

CORN PONE

2 cups corn meal
1/2 cup dry skim milk
1 teaspoon salt

2 tablespoons melted fat
1-1/2 cups warm water
2 teaspoons baking powder

Mix the meal, dry skim milk, and salt. Add the fat and warm water and mix well. Cool and then stir in the baking powder. Shape into small cakes or pones. Place on well greased pans and bake in a hot oven for about 30 minutes.

SPOON BREAD

1 cup corn meal
1 cup dry skim milk
1-1/2 teaspoons salt
1 cup cold water

2 cups boiling water
1 or 2 eggs, beaten
3 tablespoons fat, melted

Mix the meal, dry skim milk, and salt thoroughly. Combine with 1 cup of cold water and stir until smooth. Add 2 cups of boiling water, stirring constantly until the mixture thickens. Blend a small amount with the beaten egg. Combine all the ingredients. Pour into a well-greased hot pan and bake for 45 to 50 minutes in a hot oven. Serve from the pan in which it was baked.

SCRAPPLE

Select 3 pounds of bony pieces of pork. Simmer in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bones, and chop the meat fine. There should be about 2 quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly stir in 2 cups of corn meal. Cook for about 30 minutes, and stir frequently. Add the chopped meat, salt, and any other seasoning such as a little sage. Pour the hot mixture into pans which have been rinsed with cold water. Let stand until cold and firm. Slice and brown slowly in a hot frying pan. If the scrapple is rich with fat, no more fat is needed for frying.

(Reference: U. S. Department of Agriculture)
Bureau of Home Economics

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