



Cooking with Cornmeal

Cornmeal is made from ground white and yellow corn. It is a good source of energy, B vitamins and iron.

Use corn meal:

- To make corn bread
- As a coating mix for meats, fish and poultry before baking or frying
- To add texture and taste to casseroles

How to store it

Place cornmeal in an airtight container and store in a cool, dry place to keep out moisture and insects. Use within 6 to 12 months.

Note: During warm months, you can also store cornmeal in the refrigerator to keep it fresh.

Tamale Pie (makes about 4 servings)

What you need

- 1 pound ground beef
- ½ cup chopped onions
- 14- to 15-ounce can whole kernel corn (with the liquid)
- 8-ounce can tomato sauce
- ½ teaspoon chili powder
- ½ cup cornmeal
- ½ cup water
- ½ to 1 cup shredded cheddar cheese (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Cook the ground beef and onion in a skillet until the ground beef is crumbly; drain off any excess fat.
3. In a bowl, mix the corn, tomato sauce, chili powder, cornmeal and water. Add the cooked ground beef and onion.
4. Place mixture in a casserole dish and bake at 350 degrees F for 45 minutes.
5. Remove the dish from the oven. Sprinkle the cheese on the top.
6. Bake the casserole for 10 minutes or until the cheese is melted.

Cornmeal Mix (makes about 5¾ cups of mix)

What you need

- 2 cups cornmeal
- 2 cups all-purpose flour
- ¾ cup instant nonfat dry milk
- ¼ cup granulated (white) sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ cup shortening

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the dry ingredients thoroughly.
3. Mash in the shortening with a fork until the shortening is the size of tiny crumbs and is evenly mixed with the dry ingredients.
4. Store it in an airtight container in the refrigerator and use within 3 months.

Cornbread (makes 12 servings, each 2 by 2½ inches)

What you need

- 1 egg
- 1 cup water
- 2½ cups cornmeal mix
(see recipe above)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the egg and water thoroughly. Stir the mixture into the cornbread mix until the dry ingredients are moist. The batter will be lumpy.
3. Pour the batter into a lightly greased 8- by 8-inch pan.
4. Bake at 400 degrees F for about 25 minutes or until the edges are brown and the center is firm.

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Revision