Corn Meal Mix

Use Corn Meal Mix To Make: Muffins, Biscuits, Gingerbread, Pancakes, Corn Bread

Corn Meal Mix—Made with plain flour and corn meal. This recipe makes about 11 cups of corn meal mix.

1. 4 cups corn meal
    4 cups plain flour
    1½ cups nonfat dry milk

Put corn meal, flour, and nonfat dry milk in a bowl. Stir.

2. ¼ cup baking powder
    1 Tablespoon salt

Add baking powder and salt. Stir real good.

3. 1½ cups vegetable shortening


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How To Store Corn Meal Mix:
Put corn meal mix in clean dry jars. Put lids on jars. Turn lids tight. Keep corn meal mix in a dry place.

Corn Meal Mix—Made with self-rising flour and corn meal. This recipe makes about 11 cups of corn meal mix.

1. 4 cups self-rising flour
   4 cups corn meal
   1½ cups nonfat dry milk

Put flour, corn meal, and nonfat dry milk in a bowl. Stir.

2. 1½ cups vegetable shortening


Use Corn Meal Mix To Make:
muffins   biscuits
gingerbread   pancakes
corn bread

Corn Meal Muffins—This recipe makes 12 muffins.

1. Turn on oven. Set it at 425°. This is a hot oven.

2. 3 cups corn meal mix

Put corn meal mix in a bowl.

3. 2 eggs 1 cup water

Crack eggs in a small bowl. Add water. Beat. Add to mix. Stir until mix is wet. Batter will have lumps.

4. Grease muffin pan with shortening or oil.

Put batter in muffin pan. Use a spoon. Fill each muffin cup half full.

**Corn Meal Gingerbread**—This recipe makes 1 cake.

1. Turn on oven. Set it at 425°. This is a hot oven.

2.  
   1 egg  
   Crack egg in a small bowl. Beat it.

3.  
   1/2 cup  
   syrup  
   3/4 cup  
   buttermilk

Add syrup and buttermilk. Stir real good.

4.  
   1/2 cup  
   butter or margarine

Melt butter or margarine. Add to bowl. Stir.

5.  
   2 1/4 cups  
   corn meal mix

Put corn meal mix in another bowl.

6.  
   1/2 cup  
   brown sugar  
   3/4 teaspoon  
   cinnamon  
   3/4 teaspoon  
   soda

Add brown sugar, cinnamon, and soda to corn meal mix. Stir real good.

7. Make a hole in dry mixture. Pour egg mixture in hole. Stir until mix is wet.

8.  
   3 apples (if you want them)  
   Peel and cut them. Add to bowl. Stir real good.

9. Grease a pan with shortening. Sprinkle a little corn meal in the pan. Pour out corn meal that does not stick.

10. Pour batter in pan.

Corn Bread—This recipe makes 12 pieces.

1. Turn on oven. Set it at 425°. This is a hot oven.

2. 
   \[
   \begin{align*}
   &4\frac{1}{2} \text{ cups} \\
   &\text{corn meal mix}
   \end{align*}
   \]
   Put corn meal mix in a bowl.

3. 
   \[
   \begin{align*}
   &2 \text{ eggs} \\
   &1\frac{1}{3} \text{ cups water}
   \end{align*}
   \]
   Crack eggs in a small bowl. Add water. Beat.
   Add eggs and water to corn meal mix. Stir until mix is wet. Batter will have lumps.


Corn Meal Biscuits—This recipe makes 12 biscuits.

1. Turn on oven. Set it at 425°. This is a hot oven.

2. 
   \[
   \begin{align*}
   &2 \text{ cups} \\
   &\text{corn meal mix}
   \end{align*}
   \]
   Put corn meal mix in a bowl.

3. 
   \[
   \begin{align*}
   &\frac{1}{2} \text{ cup water}
   \end{align*}
   \]
   Add water. Stir. Dough will be soft.

4. Grease a pan with shortening.
   Drop a little dough on pan. Use a spoon. This makes one biscuit.
   Make all biscuits like this.

Corn Meal Pancakes—This recipe makes about 18 pancakes.

1. 2 cups corn meal mix
    Put corn meal mix in a bowl.

2. 1 egg 1 cup water
    Crack egg in a bowl.
    Add water. Beat.
    Add egg and water to mix.
    Stir real good.

3. 2 Tablespoons vegetable shortening
    Put shortening in frying pan.
    Let it melt.

4. Drop batter in hot shortening.
    Use a spoon.

5. Cook pancakes on medium heat.
    Bubbles will come on top of pancakes.
    Then turn pancakes. Brown both sides.
Your family is happier when you cook good food.
A good diet has meats, eggs, cheese, or dry beans or peas every day.
It also has fruits and vegetables.
A good diet has milk and cereals.