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Using and Storing Cornmeal Michigan State University Cooperative Extension Service Collette Couchman, Judith V. Anderson, Foods and Nutrition Issued June 1990 2 pages

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USING & STORING

CORNMEAL

Cornmeal is a nutritious, energy-rich addition to the diet. Cornmeal provides a low cost source of protein when mixed with legumes or dairy products.

Nutritional Value

Most cornmeal (including USDA commodity cornmeal) is enriched with thiamin, riboflavin, niacin, and iron. Yellow cornmeal contains carotene which the body uses to form vitamin A.

How to Store Cornmeal

- Occasionally, a few black specks are seen in cornmeal. These are a natural part of the kernel which sometimes stay with the product through processing. They are not harmful.
- Store in a cool, dry, preferably dark place, in a tightly sealed container. (Place box or bag of cornmeal into plastic bag, squeeze out extra air and twist tie to seal).
- Avoid storing under sink and over stove.
- Proper storage will prevent mold growth, insect infestation, and will preserve vitamin A and flavor.
- For best quality, use within 4-6 months.

How to Use Cornmeal

- cooked, served hot as cereal (cornmeal mush)
- uneaten mush can be poured into pan, cooled, sliced and pan-fried
- coating for fried foods like chicken
- meat extender (for example, as an ingredient in meat loaf)
- quick breads, such as corn bread, muffins, spoon bread, pancakes, tortillas
- sprinkled on pizza pan, to ease dough spreading, allow browning of crust and prevent sticking

DO NOT REMO

Cooking With Cornmeal

One cup of dry, uncooked cornmeal will equal about 4 to 4½ cups cooked cereal.

In baked goods, such as quick breads and pancakes, up to one-half of the wheat flour may be replaced with cornmeal.

One pound of cornmeal equals 3 cups of dry meal.

To keep breads from being grainy when cornmeal is substituted for wheat flour, mix the cornmeal and the liquid from the recipe and bring to a boil. Remove from heat and cool before mixing with other ingredients in the recipe.

Cooked Cornmeal Mush (To use for breakfast)

cup white or yellow commeal
 cup cold water
 teaspoon salt
 cups boiling water
 optional: 3 tablespoons nonfat dry milk

Mix cornmeal, cold water, and salt in a bowl. Slowly stir this mixture into the boiling water in a 2 qt. saucepan. Cook and stir until thick. Lower heat. Cover and cook 15 minutes, stirring as needed to prevent sticking. For added nutritional value, add 3 tablespoons nonfat dry milk during last few minutes of cooking.

May be served with:

Cold or warm milk Raisins or cut-up dates or figs Cinnamon-sugar mixture Honey, syrup, jam or preserves

Makes 4 servings

Fried Cornmeal Mush

Pour hot cooked cornmeal mush into a loaf pan. **Cool** until firm. **Remove** mush from pan and **cut** in slices. **Fry** slices in heated, lightly greased frypan until brown on both sides. If desired, **serve** with honey, syrup or molasses.

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Cornmeal Griddle Cakes

- cup cornmeal
 cup boiling water
 eggs
- 11/2 cups fluid milk
- 1/4 cup melted fat or oil 1 cup flour
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons sugar

Pour cornmeal into mixing bowl. Add boiling water, and beat until thick. Stir in eggs, then milk and oil. In separate bowl, stir together flour, baking powder, salt and sugar. Stir into cornmeal mixture. **Pour** onto hot, greased frypan or griddle in 3-inch rounds. **Turn** when bubbles begin to pop. **Cook** until lightly browned.

Makes 24 Pancakes.

Tamale Pie

- 1 small onion, chopped ½ green pepper, chopped
- 2 cups whole kernel canned corn, drained 2 cups cooked pinto, red or kidney beans
- (may use canned beans) 2 teaspoons chili powder
- 1 cup tomato sauce
- Topping: I cup white or yellow commeal 2½ cups water ¼ teaspoon salt ½ cup grated cheese (if desired)

Preheat oven to 350° F. **Mix** together onion, pepper, corn, beans, chili powder and tomato sauce. **Pour** into an 8″ x 8″ baking pan.

In a saucepan, **combine** cornmeal, water and salt. Bring to a **boil** and **cook** until slightly thickened. **Spoon** over top of bean and vegetable mixture. **Sprinkle** top with grated cheese. **Bake** in 350° F. oven for 30 minutes.

Makes 4-6 servings.

Prepared by **Collette Couchman**, Specialist and **Judith V. Anderson**, Dr. P.H., R.D., Extension Food and Nutrition Specialist, MSU.

Cornbread

- 1 cup commeal
- 1 cup flour
- 1 tablespoon baking powder
- 2 to 4 tablespoons sugar (optional)
- 1 egg 1 cup fluid milk
- 1/4 cup melted fat or oil

Preheat oven to 425° F. Mix cornmeal, flour, baking powder, and sugar (if used). Set aside. Beat egg. Add milk. Add fat or oil. Add to cornmeal mixture and stir just enough to moisten. Pour into a greased 9" x 9" x 2" baking pan. Bake at 425° F., 20-25 minutes, or until lightly browned.

Makes 6-9 servings.

Spoonbread

2 cups fluid milk, heated
1 cup commeal
1 cup boiling water
1½ teaspoons salt
2 tablespoons fat or oil
2 eggs

Preheat oven to 400° F. **Mix** milk and cornmeal. **Add** salt and fat or oil to boiling water in saucepan. **Add** cornmeal and milk mixture, **cook** and **stir** over medium heat until thickened. **Beat** eggs in a large bowl. **Slowly pour and stir** cornmeal mixture into the eggs. **Pour** batter into a greased 9" x 9" x 2" baking pan. **Bake** at 400° F. 35 to 40 minutes until top is firm. **Serve** at once.

Makes 6 servings.

Recipe Substitutions:

If using nonfat dry milk, use 1/3 cup dry milk and add water to equal 1 cup.

If using dry egg powder, sift and measure 2½ tablespoons powder for each egg needed. Combine with 2½ tablespoons lukewarm water for each egg and beat until smooth. Mix with other ingredients.



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