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CORN MEAL and GRITS

Selection
and
Use



TEXAS
AGRICULTURAL
EXTENSION
SERVICE

J. E. HUTCHISON
DIRECTOR
COLLEGE STATION
TEXAS

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CORN MEAL AND GRITS... *Selection and Use*

MAEONA COX
LOUISE MASON

Extension Foods and Nutrition Specialists
The Texas A. & M. College System

FRANCES REASONOVER
MARIE TRIBBLE

CORN MEAL IS AN IMPORTANT FOOD to Texans. Surveys have shown that many rural families in Texas use almost as much corn meal as white flour. Grits, too, are a favorite food with Texans.

Five varieties of corn meal and two varieties of grits are available in most markets. Read labels on packages and containers for further information.

WHOLE GRAIN CORN MEAL

Whole grain corn meal is made from all the grain of white or yellow corn. This corn meal contains all of the food nutrients that nature provides in corn with nothing added or taken from it.

ENRICHED WHOLE GRAIN CORN MEAL

Enriched whole grain corn meal is made from the whole grain of the white or yellow corn but since corn is low in the B vitamins, thiamine and niacin, the nutritive value is improved greatly by the addition of an enrichment mixture. Enriched corn meal and grits have thiamine, niacin, riboflavin, calcium and iron added according to Federal standards.

BOLTED MEAL

Bolted meal is whole grain meal with some or all of the coarse layers of bran blown or sifted out of it. This is a lighter colored meal.

DEGERMED CORN MEAL

Degermed corn meal is made from white or yellow corn. The germ is removed to make it keep

well. This corn meal is very low in food value except for the starch content.

ENRICHED DEGERMED CORN MEAL

Enriched degermed corn meal is made from white or yellow corn. After the germ is removed, an enrichment mixture is added to improve the food value.

GRITS

Grits are made from degermed white or yellow corn. They are an excellent source of calories because they consist mainly of starch, but most of the minerals and vitamins are lost in the removal of the germ and bran.

ENRICHED GRITS

Enriched grits are made by adding an enrichment mixture to improve the nutritive value.

ENRICHED PRODUCTS FOR GOOD HEALTH

You get more food value from enriched corn meal and grits than from nonenriched products. Enriched corn meal has nearly 5 times as much thiamine (vitamin B₁), nearly 4 times as much riboflavin (vitamin B₂), over 4 times as much niacin and 2½ times as much iron as plain corn meal.

Enriched grits have nearly 10 times as much thiamine, 5 times as much riboflavin, 7 times as much niacin and about 2½ times as much iron as nonenriched grits.

Enriched corn meal and grits contribute to good skin, good eyes, good nerves, rich, red blood and general well-being. When daily meals do not supply enough of these food elements in sufficient quantity for good health, some of these symptoms may result.

Lack of thiamine: Nervousness, depression, tendency to tire easily, poor appetite, poor digestion, slow heart beat.



Menus Using Corn Meal Products

Breakfast

Waffles* Orange Juice
 Butter or Margarine Syrup
 Sausage
 Coffee Milk

Dinner

Ham Hock Cabbage
 Blackeye Peas
 Carrot Sticks
 Corn Bread* Butter or Margarine
 Fruit Cup Cookies
 Buttermilk

Supper

Potato Soup Toasted Leftover Corn Bread*
 Tossed Vegetable Salad
 Dixie Brownies* Boiled Custard
 Coffee Tea

*Recipe in this publication

Lack of riboflavin: Red and granulated eyes, dim vision, sensitivity to light, skin disorders, sores at the corners of the mouth, tendency to age early, improper growth in children.

Lack of niacin: Pains in the abdomen, skin sores, sleeplessness, depression, loss of appetite, nausea and vomiting, poor memory. Pellagra results from extreme deficiency.

Lack of iron: Weakness, dizziness, paleness, loss of weight, anemia.

Lack of calcium: Tooth decay, slow blood clotting, rickets, irregular heart beat.

HELPFUL HINTS

The smart cook does the following things to serve good corn meal and grits products with high food value and good quality:

- Selects tested recipes. (Tested recipes are used in this publication.)
- Reads and follows recipes carefully.

- Assembles ingredients and equipment before starting to cook or bake.
- Uses standard measuring equipment.
- Measures accurately. Through research the right amount of soda for corn bread has been found. When more than the right amount of soda is used, thiamine decreases in the bread as the soda in the batter increases.
- Selects the right pan. Research has proved that loaf corn bread retains more thiamine than corn muffins and corn muffins retain more than corn sticks; however, muffins and corn sticks can be used for variety in meals.
- Checks temperature. Bakes quick breads in a preheated oven of correct baking temperature.
- Checks cooking time; does not overcook. Uses a clock or minute-minder. Overcooking destroys some of the food value in corn meal and grits.

USE OF SODA AND BAKING POWDER

Baking powder and soda are the leavening agents normally used in making corn bread. The amount of leavening and the rate at which the gas expands affects the shape, lightness, texture, grain, color and flavor. Following these two rules

in combining ingredients helps to insure light corn bread:

1. Mix the leavening with meal and the other dry ingredients.

2. Combine liquid and dry ingredients at the last minute; stir lightly, only enough to moisten and blend ingredients; put in the oven immediately.

Recipes Using Corn Meal

QUICK BREADS

CORN BREAD

(Buttermilk)

CORN BREAD WITH FLOUR

- 1/2 cup flour
- 2 cups corn meal
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 2 tablespoons sugar (optional)
- 2 tablespoons fat
- 1 egg
- 2 cups buttermilk

CORN BREAD WITHOUT FLOUR

- 2 cups corn meal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 1 tablespoon sugar (optional)
- 2 tablespoons fat
- 1 egg
- 1 1/2 cups buttermilk

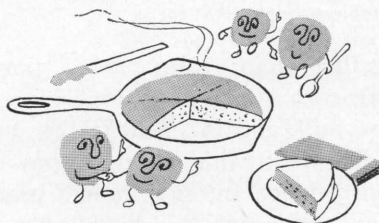
Sift together the corn meal, flour, baking powder, soda, salt and sugar. Melt the fat in the pan in which the corn bread will be baked. Beat the egg and add the buttermilk; then pour this mixture into the sifted ingredients and stir only until well mixed. Add melted fat and stir. Pour the batter into hot baking pan. Bake at 400°F. about 30 minutes.

CORN BREAD

(Sweet milk)

- 2 cups corn meal
- 1 tablespoon sugar (optional)
- 1 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 egg
- 1 1/2 cups sweet milk
- 2 tablespoons shortening

Sift together the corn meal, baking powder, salt and sugar. Melt the fat in the pan in which the corn bread will be baked. Beat the egg and add the sweet milk; then pour this mixture into the



sifted ingredients and stir only until well mixed. Add the melted fat and stir. Pour the batter into hot baking pan. Bake at 400° F. 30 minutes.

Variations of corn bread

SEASONINGS: Corn bread to be served with creamed foods may be made more interesting by adding 2 or 3 teaspoons of one or a combination of chopped parsley, onion juice, finely chopped green pepper, celery or pimento. Corn bread to be served with cream chicken or turkey may be more interesting by adding 1/2 teaspoon sage, poultry seasoning, marjoram or celery seed.

BACON OR SAUSAGE: Bacon or sausage drippings may be substituted for fat in basic recipe. Add 3/4 cup crumbled crisp bacon, sausage or cracklings to the batter.

CRUSTY CHEESE: To basic recipe add 1/2 to 3/4 cup grated sharp cheese and 2 teaspoons grated onion. Sprinkle with grated cheese and toasted sesame seed about 5 minutes before removing from oven. Delicious with salads, soups or vegetables. For more crispness, bake in corn stick pan.

CORN PONE

(Hot water corn bread)

- 1 cup corn meal
- 1 teaspoon salt
- 1 tablespoon fat
- 3/4 cup water

Melt fat in pan in which the pone will be cooked. Heat water to boiling and pour immediately over meal and salt. Add melted fat. Stir to

blend well. As soon as mixture is not too hot to handle, divide into four equal portions. Shape each portion into a pone about $\frac{3}{4}$ inch thick by patting between the hands. Place in pan and bake at 450°F. about 50 minutes or until golden brown.

CORN MEAL GRIDDLE CAKES

$\frac{1}{2}$ cup flour
1 teaspoon salt
3 teaspoons baking powder
 $1\frac{1}{2}$ cups corn meal
1 tablespoon brown sugar (optional)
2 eggs, beaten
 $1\frac{1}{2}$ cups milk
4 tablespoons melted fat

Sift together flour, salt, baking powder and sugar. Add corn meal and mix well. Combine beaten eggs, milk and fat. Add to dry ingredients. Heat griddle. Test with a few drops of water. When drops "dance across griddle," heat is right. Pour batter on griddle, making cakes about 3 inches wide. Turn griddle cakes when they are puffed and full of little bubbles. Turn only once.

Variations of griddle cakes

SAUSAGE: Add 1 to $1\frac{1}{2}$ cups cooked crumbled sausage to batter.

HAM: Fold into batter 1 cup coarsely chopped ham or deviled ham; or dip baked ham slices in batter.

MEAT ROLLS: Add 1 tablespoon grated onion, $1\frac{1}{4}$ cups finely chopped cooked chicken, beef or tuna to half of batter recipe. Bake on griddle in 3-inch cakes. Sprinkle cakes with 2 tablespoons chopped parsley; roll up and place in shallow greased baking dish. Sprinkle with $\frac{1}{2}$ cup grated cheese. Bake at 375°F. about 10 minutes. Serve with mushroom sauce or gravy. Makes about 14 3-inch cakes.

BARBECUE STACKS: Barbecue, chicken or meat hash is delicious poured between layers of stacked griddle cakes.

SOUTHERN WAFFLES

$1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups corn meal
 $1\frac{1}{2}$ teaspoons salt
4 teaspoons baking powder
 $\frac{1}{4}$ cup brown sugar
 $1\frac{1}{2}$ cups sweet milk
3 eggs
 $\frac{3}{4}$ cup melted butter, margarine or shortening

Sift flour, salt, baking powder, sugar and meal. Beat eggs and combine with milk and fat. Add to the dry ingredients and stir only to moisten and mix ingredients. Bake in hot waffle baker until golden brown and steam no longer escapes. For extra lightness beat the egg whites separately and fold in last. The proportion of flour and corn meal and the food with which you serve waffles can be varied to suit your taste.

Variations of southern waffles

CHEESE WAFFLES: Add 1 cup ($\frac{1}{4}$ lb.) grated cheese. Serve topped with a creamed vegetable or creamed ham.

CORN WAFFLES: Add $1\frac{2}{3}$ cups well drained canned, whole kernel corn. Increase the salt by $\frac{1}{2}$ teaspoon. Delicious with fried or fricassee chicken or baked ham.

SHRIMP CREOLE: Top crisp waffles with your favorite shrimp creole. Serve with tossed green salad.

CHILI BEAN STACK: Spoon hot chili between two crisp waffles. Sprinkle lightly with cheese.

CORN MEAL MIX

16 cups corn meal*
7 ounces dry milk solids
7 tablespoons baking powder
8 teaspoons salt
2 cups fat (hydrogenated or lard)

Stir dry milk solids, baking powder and salt into the corn meal. Sift all dry ingredients together three times into a large mixing bowl, or onto a large square of brown paper. Cut in fat until very fine. Store in covered container. Use as desired for making corn meal products.

USING CORN MEAL MIX

CORN MEAL MUFFINS

1 egg, well beaten
1 cup milk or water
 $1\frac{2}{3}$ cups corn meal mix

Add egg to milk or water; mix well. Add liquid mixture to corn and meal mix and stir until well blended. Fill well-greased muffin tins two-thirds full with batter. Bake at 425°F. about 30 minutes or until golden brown.

*Flour may be substituted for a small portion of the corn meal—3 cups of flour for 3 of meal.

Variations of corn meal muffins

Add 1/2 cup crisp chopped bacon, peanuts, cracklings or cheese to the mix before adding liquid.

CHEESE CORN MEAL MUFFINS: Add 1/2 cup grated sharp cheese to batter. Pour into greased muffin tins; sprinkle with 1/2 cup more of cheese. Bake.

ORANGE CORN MEAL MUFFINS: Add grated rind of one orange to batter. Pour into greased muffin tins; bake. Spread immediately with frosting made by combining 1/2 cup powdered sugar, 1 teaspoon butter and 1 tablespoon orange juice.

CARAWAY MUFFINS: Add 1 teaspoon caraway seed and 1 teaspoon minced onion to batter.

CORN MEAL WAFFLES

1 egg, well beaten
1 2/3 cups corn meal mix
1 1/3 cups milk or water
2 tablespoons melted fat

Mix egg, milk or water and fat. Add liquid mixture to corn meal mix and beat until thoroughly blended. Pour batter into hot waffle iron and bake. Makes 4 to 6 waffles.

CORN MEAL PANCAKES

1 egg, slightly beaten
1 tablespoon molasses (optional)
1 1/3 cups milk or water
1 2/3 cups corn meal mix

Mix egg, milk or water and molasses. Add to corn meal mix and stir until well blended. Bake on hot griddle until golden brown. Makes 8 to 10 pancakes.

CORN MEAL DUMPLINGS

(for "pot-likker")*

1 cup corn meal mix
Cold water, as needed

Remove greens or beans from pot liquor. Mix corn meal mix with enough cold water to make a soft dough. Shape into biscuit-sized pieces with tablespoon or hands. Drop into boiling pot liquor. Cover tightly and cook 20 minutes. Serve with greens or beans. The secret of good dumplings is

*Liquid in which greens or beans are cooked

to keep the pan tightly covered so the steam does not escape. Never peep at dumplings during cooking.

MAIN DISHES

HAM-CORN BREAD DINNER RING

FILLING

1 pound ground cooked ham (about 2 cups)
1 egg, slightly beaten
1 1/2 teaspoons prepared mustard
1 teaspoon Worcestershire sauce

DOUGH

1 cup corn meal
1 1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shortening
3/4 cup milk

MUSHROOM SAUCE

1 can cream of mushroom soup
2/3 cup milk
1 1/2 cups English peas

Combine all ingredients for filling. To make dough, sift together dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add milk and mix lightly. Add a little more milk if necessary to make a soft dough. Turn out on a lightly floured board and knead a few seconds. Roll to form 11" x 16" rectangle. Spread with ham filling. Roll like jelly roll. Seal edges. Place on cookie sheet and shape into circle. Make 12 cuts with scissors about 1 1/4 inches apart, two-thirds of the way into roll. Turn each section on its side. Bake at 425°F. 20 to 25 minutes. To make sauce, combine mushroom soup and milk; heat to boiling. Add peas and cook 5 minutes, stirring frequently. Serve over meat roll. Serves 6.

CHEESE CORN MEAL RING WITH TOMATO SAUCE

4 cups water
1 teaspoon salt
1 cup corn meal
1 cup grated American cheese
2 tablespoons salad oil
1 clove garlic
1 cup chopped onion
1 cup chopped celery
1/4 cup chopped green pepper
2 1/4 cups cooked or canned tomatoes
1 bayleaf
1 whole clove
1 teaspoon salt
1 1/2 cups chopped meat, fish or vegetables

Heat water to boiling in top of double boiler. Add salt. Add corn meal very slowly, stirring con-

stantly. Cook over low direct heat about 5 minutes, or until thickened, stirring frequently. Place over boiling water and continue cooking 30 minutes. Add cheese and stir until melted. Pour into a large well-greased ring mold. Keep hot. Heat oil in large frying pan. Add garlic and brown lightly; discard garlic. Add onion, celery, green pepper, tomatoes, bayleaf, cloves and salt. Cover and cook slowly about 10 minutes, or until of sauce consistency. Add meat, fish or vegetables. Reheat thoroughly. Unmold corn meal ring on center of large round serving plate. Pile sauce in center of ring. Serves 8.

SAUSAGE CORN BREAD SUPPER

- 1 pound pork sausage links
- 6 apple rings
- 1 cup corn meal
- 1 cup flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1 egg
- 1 cup milk
- 2 tablespoons sausage drippings

Brown the pork sausage links in skillet over low heat. Drain the drippings. Arrange 10 sausage links and 6 apple rings in a pattern in the bottom of the skillet. Save the extra sausage links and cut into pieces to blend with the batter.

For the corn bread, sift together dry ingredients. Add egg, milk and 2 tablespoons sausage drippings. Beat with rotary beater until smooth, about 1 minute. Blend in the chopped sausage links. Pour the batter over the apple rings. Bake at 425°F. 20 to 25 minutes. Invert immediately. Serve with warm apple sauce. Serves 6 to 8.

TAMALE PIE

- 1 cup corn meal
- 3 cups boiling water
- 1 1/2 teaspoons salt
- 1 onion, diced
- 1 green pepper, diced
- 3 tablespoons fat
- 3/4 pound ground uncooked meat, or
- 1 1/2 cups ground cooked meat
- 1 cup drained canned or cooked tomatoes
- 1 1/2 teaspoons salt
- 1 1/2 tablespoons chili powder

Stir corn meal slowly into rapidly boiling salted water. Bring to boil over direct heat. Cover and cook 30 minutes over boiling water, stirring occasionally. Cook onion and green pepper in fat until tender. Add meat. If uncooked meat is used, cook until done. Add remaining ingredients and

heat thoroughly. Alternate layers of the corn meal and meat mixture in a greased baking dish. Top with remainder of corn meal. Bake at 350°F. 30 minutes.

CORN BREAD BEEF PIE

FILLING

- 1 1/2-pound can or 3 cups beef stew
- Few drops of hot sauce
- 2 cups canned or cooked peas and carrots, drained

CORN BREAD TOPPING

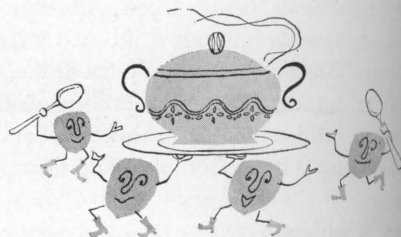
- 1 cup corn meal
- 2 tablespoons flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup chopped parsley
- 1/4 cup chopped onion
- 1 egg
- 1/2 cup milk
- 2 tablespoons melted shortening

Mix filling ingredients and place in 2-quart casserole; heat in oven while mixing corn bread. For corn bread, sift dry ingredients. Stir in parsley and onion. Add egg, milk and shortening. Beat with rotary beater until well blended, about 1 minute. Spoon batter over hot meat mixture. Bake at 425°F. about 20 minutes.

SCRAPPLE

- 1 pound fresh lean pork
- 1 cup corn meal
- 3 cups water
- 1 teaspoon salt
- 1 teaspoon black pepper
- Dash of cayenne

Simmer the pork in water in covered saucepan for 45 minutes or until tender. Remove meat and chop medium fine. Save broth. Add water to broth to make 3 cups; add seasonings, meat and corn meal and cook over direct heat, stirring until thickened. Transfer to double boiler; cook about 30 minutes. Pour into buttered bread pan. Chill and slice about 1/2 inch thick and serve, or brown slices on both sides in small amount of fat. Serve piping hot. If desired, store remainder in refrigerator for a week or longer. Serves 8 to 10.



CORN DOGS

- 1 cup corn meal
- 1 cup flour
- 2 tablespoons sugar (optional)
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, slightly beaten
- 1 cup milk
- 2 tablespoons melted fat
- 1 pound wieners

Sift together dry ingredients. Beat egg slightly, add milk and stir into first mixture. Add melted fat. For deep-fat frying, dip wieners in batter, holding with fork or skewer. Drain excess batter over bowl. Fry at 375°F. in a wire basket until golden brown, about 3 minutes. Drain on absorbent paper. Serve piping hot.

BREADING

Corn meal has long been the favorite for bread-ing foods. It gives a crisp, light coating to fried foods that seals the juice in, keeping the inside moist and delicious.

BREADING WITH CORN MEAL: Fish or any seafood may be rolled in corn meal, then fried in deep fat or pan-fried in moderately hot fat until golden brown.

BREADING WITH CORN MEAL MIX-TURE: Mix together $\frac{1}{2}$ cup corn meal and $\frac{1}{2}$ cup flour. Add salt as desired. For a thin coating, roll fish, seafood, chicken or liver in the mixture. For a thicker coating, dip in slightly beaten egg mixed with 1 tablespoon water; then dip in corn meal mixture. Fry in hot, deep fat or pan-fry in moderately hot fat until golden brown.

QUICK LOAF BREAD

BANANA CORN MEAL LOAF

- 1 cup corn meal
- 1 cup flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ cup melted shortening
- 1 cup mashed ripe bananas
- 1 cup chopped nuts

Sift dry ingredients on waxed paper. Beat eggs well; add mashed bananas and melted shortening. Add dry mixture. Stir until well blended. Add chopped nuts. Stir lightly. Grease bottom only of a loaf pan. Sprinkle bottom of pan lightly with corn meal. Pour batter into pan. Bake at 350°F. 60 to 70 minutes or until bread is done. Let bread partially cool in pan 20 to 30 minutes before turning out on rack. Cool thoroughly before wrapping for storage. Delicious with fruit salads when spread with butter or cottage cheese seasoned with grated orange rind and juice.

DESSERTS

CORN MEAL GINGERBREAD

- $1\frac{1}{4}$ cups flour
- $1\frac{1}{2}$ teaspoons ginger
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon mace
- 1 cup corn meal
- $\frac{3}{4}$ teaspoon soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg, slightly beaten
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup molasses
- $\frac{3}{4}$ cup buttermilk
- $\frac{1}{2}$ cup butter or margarine, melted
- 1 cup chopped apples (optional)

Sift together the dry ingredients. Beat the egg and add brown sugar and stir thoroughly. Add the molasses, milk and melted butter or margarine. Make a well in the center of the dry ingredients and add the liquid mixture. Blend well. Pour into a well-greased cake pan dusted with corn meal and bake at 425°F. 35 minutes. Serve with your favorite topping—lemon sauce, sherbet or whipped cream mound, sprinkled with crystallized ginger.

Variations of corn meal gingerbread

GINGER GEMS: Bake in smallest muffin pans. For luncheon, serve with fruit salad and beverage.



LEMON GINGER PIE: Bake gingerbread. Divide into 2 layers. Make a lemon custard or use a lemon custard pie mix. While the layers are still warm, spread lemon filling between them. Cover top with whipped cream. Serve immediately.

DIXIE BROWNIES

$\frac{3}{4}$ cup corn meal
 $\frac{3}{4}$ cup flour
 1 teaspoon baking powder
 $\frac{3}{4}$ teaspoon salt
 3 eggs, beaten
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup melted butter or margarine
 $2\frac{1}{2}$ squares chocolate, melted
 1 teaspoon vanilla
 $\frac{3}{4}$ cup chopped nuts

Sift flour, baking powder and salt. Mix in meal. Beat eggs and add sugar, melted butter or margarine, chocolate and vanilla. Beat well. Add the corn meal and flour mixture. Blend well. Add the chopped nuts. Mix thoroughly. Pour into 2 cake pans which have been well greased and dusted

lightly with corn meal. Bake at 375°F. 25 to 30 minutes. Cool slightly. Cut into $1\frac{1}{2}$ -inch squares. If desired, the brownies may be iced with creamy chocolate icing and garnished with a nut half.

CORN MEAL BROWN SUGAR COOKIES

$\frac{3}{4}$ cup butter or margarine
 1 cup brown sugar
 1 egg
 1 cup flour
 $\frac{1}{2}$ teaspoon baking powder
 1 teaspoon salt
 1 cup corn meal
 1 teaspoon vanilla
 1 cup chopped nuts

Cream butter or margarine and sugar. Add the egg and beat well. Mix dry ingredients. Add to the creamed mixture about one-third at a time. Add vanilla and nuts. Shape into 3 rolls about 1 inch in diameter and wrap in waxed paper. Place in refrigerator to chill or store. Slice and bake at 400°F. 10 to 12 minutes. Makes 4 dozen cookies.

Recipes Using Grits

BOILED GRITS

1 cup grits
 1 teaspoon salt
 3 cups water

Place grits and salt in the pan in which grits will be cooked. Pour water over grits and salt. Stir to blend well. Cook over direct heat, stirring constantly until the mixture has boiled 5 minutes. Then place the pan on a preheated asbestos mat and boil slowly for 25 minutes. Stir often enough to prevent sticking to bottom of pan. Serve hot with cream and sugar for breakfast. Serve hot, seasoned with butter, margarine or gravy, in place of rice or potatoes, or pour into mold and cool for fried grits.

FRIED GRITS

Remove the grits from pan or mold. Cut into slices of uniform thickness ($\frac{1}{2}$ to $\frac{3}{4}$ inch). Roll in flour. Heat $\frac{1}{2}$ to 1 tablespoon fat in skillet. Brown slices on one side; turn and brown on other side. Serve hot.

GRITS MUFFINS

1 cup cold boiled grits
 1 cup milk
 1 egg
 $\frac{1}{4}$ cups corn meal
 2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 1 tablespoon melted fat

Beat the milk and the egg into the grits; add the melted fat and dry ingredients. Mix well and bake in well-greased muffin pans at 375 to 400°F. 25 to 30 minutes. Makes 12 muffins.

CHEESE-GRITS CASSEROLE

6 cups water
 $1\frac{1}{2}$ cups quick grits
 $\frac{1}{2}$ cup butter or margarine
 3 eggs, beaten
 2 teaspoons seasoned salt
 1 teaspoon salt
 1 teaspoon Tabasco sauce
 Pepper to taste
 1 pound cheese, grated

Bring water to boil. Stir in grits. Cook 2 minutes; grits will be thin. Add butter or margarine, beaten eggs, seasoned salt, salt, Tabasco sauce and pepper to taste. Combine mixture with grated cheese. Pour into shallow baking dish and bake at 300°F. 45 minutes.

Menus Using Grits Products

Breakfast

Boiled Grits with Dried Fruit*
Cream Sugar
Eggs Bacon
Toast
Coffee Milk

Dinner

Minute Steaks
Baked Potato Green Beans and Tomatoes
Apple and Celery Salad
Grits Muffins*
Orange Sherbet
Milk

Supper

Cheese-Grits Casserole*
Tossed Salad of Raw Spinach, Tomatoes, Celery, Onion
French Dressing
Bread Sticks with Caraway Seed
Apricot Tarts
Milk Coffee

*Recipe in this publication

GRITS SOUFFLE

1 cup cold boiled grits
 $\frac{1}{2}$ cup hot milk
 $\frac{1}{4}$ teaspoon salt
Dash of paprika
3 eggs, beaten separately

Beat together cold grits and hot milk until smooth. Add salt and paprika. Stir in beaten egg yolks, fold in stiffly beaten egg whites. Cheese may be added. Pour into greased baking dish. Bake at 350° F. 30 minutes. Serve at once.

GRITS AND MEAT CASSEROLE

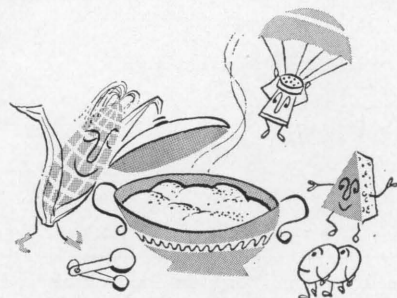
$\frac{1}{2}$ cup milk
2 eggs, well beaten
2 cups cold boiled grits
 $\frac{1}{2}$ teaspoon salt
Dash of paprika
1 cup diced cooked meat (ham, pork, beef)

Combine milk and beaten eggs; stir in grits until blended. Add salt and paprika. Stir in diced meat and bake in greased baking dish. Bake at 350° F. 30 minutes until firm.

GRITS CROQUETTES

1 cup cold boiled grits
1 tablespoon melted butter or margarine
2 teaspoons sugar
1 cup milk
2 eggs

Add melted butter or margarine to grits and beat hard. Gradually add the milk, beating as added, until the mixture is light and soft. Add the sugar, then one egg, well beaten. Shape mixture into balls, dip into beaten egg, then in corn meal and fry in deep fat. Drain on paper towels and serve very hot.





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