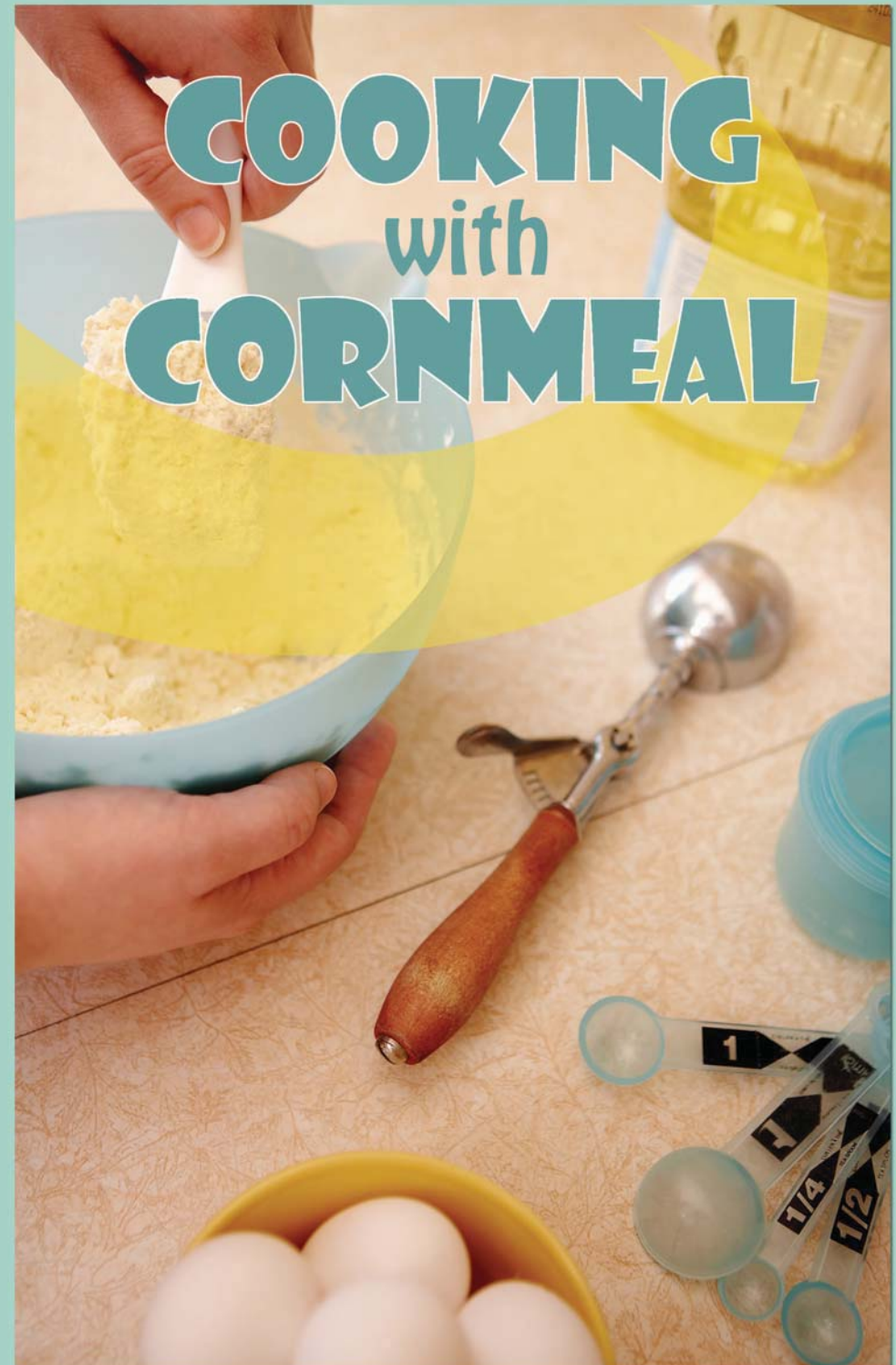




Kent A. Leonhardt, Commissioner
agriculture.wv.gov



West Virginia Cornmeal Producers

Campbell's Grist Mill
Stone-Ground Yellow & White Cornmeal
Emerson Campbell
Route 4, Box 9
Union, WV 24983
Phone: 304-772-5529

K Mac Mills
Yellow & White Cornmeal &
Buckwheat Pancake Mix
Jim McClung
247 E., Lookout Road
Mt. Lookout, WV 26678
Phone: 304-872-2493
Fax: 304-872-3034

Tasty Blend Foods
Teays Valley Products & Biscuit, Cornbread
& Gravy Mixes & Various Mixes
Roy Elswick
P.O. Box E
Fraziers Bottom, WV 25082-0141
Phone: 304-757-6686
Fax: 304-757-0641
Email: info@tastyblend.com
Web: www.tastyblend.com

Windy Knoll Milling Company
A Division of Shenandoah Enterprises, LLC
Fresh Ground Corn Meal
Alex G. McCune
P.O. Box 1181
Martinsburg, WV 25402
Phone: 304-264-8600

WVU Jackson's Mill Historic Area
Stone-Ground Yellow Cornmeal
& Whole Wheat Flour
Dean Hardman
160 Jackson Mill Road
Weston, WV 26452
Phone: 304-269-6377
or 1-800-287-8206
Fax: 304-269-3409
Email: dean.hardman@mail.wvu.edu
Web: www.jacksonmill.wvu.edu

Cornmeal Pancakes

- | | |
|--------------------------------|-----------------------------|
| 1 egg yolk | 1 teaspoon sugar |
| 2 cups buttermilk | 1½ cups cornmeal (unsifted) |
| 2 tablespoons salad oil | 1 egg white |
| ½ cup sifted all-purpose flour | Syrup |
| 1 teaspoon baking soda | Butter |
| 1 teaspoon salt | |

Slightly beat egg yolk; blend in buttermilk and salad oil. Mix remaining ingredients together, then blend into liquid until smooth. Fold in one stiffly beaten egg white. Let stand 10 minutes. Bake on hot greased griddle. These bake a little slower than plain pancakes. Serve with hot syrup and butter. Good with bacon or fried ham.

Cornbread

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| 1 egg | 1 teaspoon salt |
| 1½ cups buttermilk (or sour milk) | ½ teaspoon baking soda |
| ¼ cup melted butter or margarine | 1 teaspoon baking powder |
| ½ cup sifted all-purpose flour | 1 teaspoon sugar |
| | 1½ cups regular cornmeal (unsifted) |

Beat egg; stir in buttermilk and butter. Stir in remaining ingredients until well blended. Pour immediately into hot pan (*see note below*) Bake 20-25 minutes in 450°F oven. The cornbread will be crusty but soft. Serve piping hot with lots of butter (if desired).

This amount fills an 8" square pan or No. 6 (8¾") iron skillet. An iron pan makes a crustier cornbread. This recipe can also be used for muffins or corn sticks, but should not be baked as long.

NOTE: One of the secrets of good crusty cornbread is to melt some butter (until it sizzles) in the pan in which the cornbread is to be baked. This also greases the pan.

Cornmeal Gravy (Sawmill Gravy)

- | | |
|----------------------------|----------------------|
| 3-4 tablespoons shortening | ½ cup plain cornmeal |
| Salt to taste | 2-3 cups milk |

Heat shortening in skillet until hot. Stir in salt and cornmeal; let brown. Add milk. Continue heating and stirring mixture until gravy is of desired consistency.

An American History of CORN

Corn is truly the grain that built this nation. It was cultivated by inhabitants of the land we now call the United States long before our Country was ever conceived. Archeologists have found corn in Mexico excavations that was grown over 5,000 years ago. Thorvald Erickson, the Scandinavian explorer, mentioned corncribs in his records after a visit to "Vinland" (Canada) about 1002. In 1498, Columbus reported walking through miles of cornfields as he explored the "New World."

The name corn was given to the grain by European explorers who applied a term which meant all grains in their homeland. The name stuck, but technically the plant should be called maize. It is an annual herb (*Zea mays*) related to the grass family.

It is the feeling of many historians that corn is responsible to a large extent

for the great Indian civilizations which existed in the Americas long before the white man reached the shores. They reason that the grain grew so well and produced such bountiful harvests that not all of the natives' time had to be spent on producing food. Instead, time could be spent building great cities and creating beautiful works of art. Our forefathers also enjoyed the bountiful harvests of corn which made it possible for them to explore the new land, build cities and establish our great nation. After the harvest of corn by the Plymouth Colony in 1621, Governor William Bradford set aside a day of thanks – a day we now call Thanksgiving.

The grain is woven into our national history and is still important to us today. The "hoe cake" was originated by slaves who baked



the corn "cake" over an open fire using the broad cotton hoe as a baking sheet.

“Johnny Cakes” became famous during the Civil War when the South had a limited food supply and “Johnny Reb” often had no more ration than a sack of cornmeal which he made into cakes and baked on a rock in front of an open fire.

In happier days, the cornmeal “hush puppies” got their name when hunters would throw cornmeal dough into pans of fat and then feed the golden balls to their hounds to quiet their excitement.

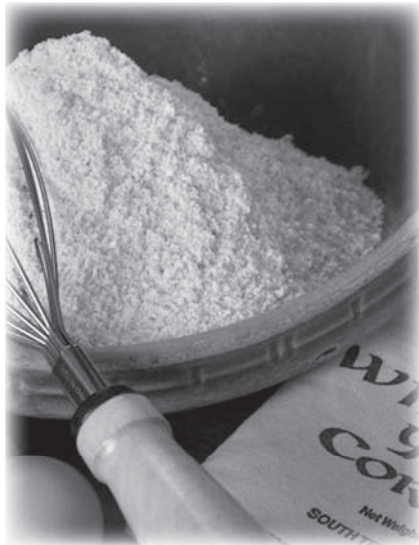
In early days, when money was scarce, corn was an important form of trade. It was used for barter and many towns and cities were developed around the mill where corn was ground into meal, usually by water power. However, roads were poor in those days; thus, travel with the commodity was difficult. Some of our forefathers solved this problem by fermenting the grain and distilling a spirit known as “moonshine” which was very popular and much easier to move than several bushels of corn.

Corn is used as a grain and as a “whole plant” silage for feeding livestock. Corn grain is the base feed in most all rations used to fatten beef cattle for slaughter. Humans consume corn and things derived from it in many forms: breads, puddings, sweeteners, starches and oil are just a few.

The first cornmeal was made by pounding the corn with a stone. Later, mills were designed and built which used water power to turn one precisely shaped stone against another to grind the meal. The steam and later gas engines were used to run the mills. This permitted mills to be located in relatively small communities to grind the grist of a bushel or two of corn at a time, usually carried to the mill by horseback, wagon or buggy.

Commercially produced meal has the oil removed to permit storage and warehousing throughout the year. This oil is used primarily as cooking oil, but has numerous other uses. Fresh stone-ground whole kernel corn contains all of the corn oil and other ingredients (only the coarser bran is sifted out). This is why it is recommended that whole kernel cornmeal be stored in the refrigerator or freezer.

Both yellow and white corn are used for meal. There are some interesting opinions regarding the differences. Some say yellow has a stronger taste; others say the white is too mild. Either yellow or white cornmeal will work in the following recipes. Enjoy!



Onion Supper Bread

- | | |
|-----------------------------------|-------------------------------------|
| ½ cup chopped onion | ½ cup sour cream |
| 2 tablespoons butter or margarine | ½ cup shredded sharp cheddar cheese |
| 1 6-ounce package cornbread mix | |

Sauté onion in butter until tender but not browned. Prepare cornbread mix according to package directions; spoon into lightly greased 8x8x2" pan, sprinkle with onion. Combine sour cream and cheese; spoon over onion. Bake at 400°F for 25 minutes or until lightly browned. Let stand a few minutes; then cut into squares. Yields 9 servings.

Corn Kernel Cornbread

- | | |
|---------------------------|--|
| 1 cup all-purpose flour | 2 eggs, well beaten |
| 1 cup cornmeal | 1 cup milk |
| 4 teaspoons baking powder | 3 tablespoons melted margarine |
| 1 teaspoon salt | 1 cup cooked or canned yellow cream-style corn |
| ¼ cup sugar | |

Combine dry ingredients. Combine eggs, milk, margarine and corn; add to dry ingredients, mixing well. Pour into well greased 9x9x2" pan; bake at 475°F for 30 minutes or until bread tests done. Yields 6-8 servings.

Johnny Cakes

- | | |
|-------------------------------|---------------------------------|
| ⅔ cup sifted flour | 1⅓ cups cornmeal |
| ¾ teaspoon salt | 2 eggs, well beaten |
| 1 teaspoon baking soda | 1⅔ cups sour milk or buttermilk |
| 1 teaspoon baking powder | ¼ cup melted shortening |
| 1 tablespoon granulated sugar | |

Combine and sift together first five ingredients; stir in cornmeal. Combine eggs, milk and shortening; add to dry ingredients. Stir until just blended. Turn into greased 11x7x1½" pan; bake in 400°F oven for 30-35 minutes. Cut into squares; serve hot.

Cheese Corn Muffins

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|----------------------------|---------------------------------|
| ¾ cup all-purpose flour | 1 cup shredded cheddar cheese |
| 2½ teaspoons baking powder | 1 egg, beaten |
| ¾ teaspoon salt | ¾ cup milk |
| 1 tablespoon sugar | 2 tablespoons melted shortening |
| ½ cup yellow cornmeal | |

Combine flour, baking powder, salt and sugar; stir in cornmeal and cheese. Make a well in center of dry ingredients. Add egg, milk and shortening; stir just to moisten dry ingredients. Fill greased 2" muffin cups ¾ full; bake at 400°F for 20-25 minutes or until golden brown. Yields 1 dozen.



cornbread

hushpuppies



Cornmeal Pound Cake

- | | |
|-----------------------------|--|
| 6 tablespoons butter | ⅛ teaspoon freshly grated nutmeg (or ¼ teaspoon prepared nutmeg) |
| 1 cup sugar | ¼ teaspoon cinnamon |
| 4 eggs | ½ teaspoon vanilla |
| 1¼ cups sifted pastry flour | 2 teaspoons brandy, preferably apple brandy |
| ¾ teaspoon baking powder | |
| ¼ cup sifted white cornmeal | |

Thoroughly cream butter and sugar until fluffy. Beat in eggs, one at a time. An electric mixture may be used for the first two steps. Sift together flour, baking powder and cornmeal. Combine spices with flour mixture. Blend dry ingredients into the batter by hand, alternating with brandy and vanilla. Pour into greased shallow cake pan, an 8" square pan, or 10x6" pan. The pan should be lined with wax paper. Bake at 325°F for 1½ hours. Remove from oven. Cool 10 minutes; invert onto cake rack and strip off wax paper.

Cornmeal: Dried ground corn. Whole-grain or stone-ground cornmeal is crushed between millstones leaving a coarser texture with the nutrient-packed germ still attached. Cornmeals also come in white, yellow and blue varieties (depending on the color of the corn). Self-rising cornmeal is a white or yellow cornmeal with leavening agents and salt added.

How to store: Keep in a cool dry place in an air-tight container for up to 6 months or in the freezer for up to 2 years. The oil in whole-grain cornmeal goes rancid easily, so it should be stored in an air-tight container in the refrigerator for 1 month (or in the freezer for up to 2 years).

See List of West Virginia cornmeal producers on the inside back cover of this booklet.

Easy to Make Cornbread

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|-----------------------------------|------------------|
| 1½ cups self-rising cornmeal mix* | 1 cup buttermilk |
| | ½ cup water |

Mix above ingredients together; pour into heated, greased 8" skillet. Bake in 450°F oven for approximately 20 minutes or until golden brown.

*If plain cornmeal is used, it should be mixed with ¼ cup flour, ½ teaspoon baking soda, 1 teaspoon baking powder and 1 teaspoon salt before mixing with the above quantities of buttermilk and water.

Corn Lightbread

- | | |
|-------------------------|--|
| 2 cups cornmeal | 1 teaspoon salt |
| 1 cup all-purpose flour | 2 cups buttermilk |
| ½ cup sugar | 3 tablespoons salad oil or bacon drippings |
| 1 teaspoon baking soda | |

Combine dry ingredients; blend in buttermilk and salad oil (or bacon drippings). Spoon into lightly greased 9x5" loaf pan. Let stand 10 minutes. Bake at 375°F for 35-40 minutes. Let cool 5 minutes before removing from pan. Yields 1 loaf.

Fried Cornmeal Mush

2¾ cups water
1 cup cornmeal
1 teaspoon salt
1 teaspoon sugar
1 cup cold water

Hot bacon dripping or
other oil for frying
Butter
Syrup

Bring water to boil in saucepan. Combine remaining ingredients in a mixing bowl. Gradually add cornmeal mixture to the boiling water, stirring constantly. Cook until mixture thickens, stirring frequently. When thick, cover, turn heat very low, and cook 20-25 minutes. Pour into 7½x3½x2¼" pan. Cool, then chill in refrigerator. To unmold mush, loosen edges with spatula. Turn out onto cutting board. Cut into ½" slices, dip into extra cornmeal. Fry in small amount of hot bacon drippings until brown. Turn, brown on other side. When brown, serve with butter and hot syrup. It is also good with bacon and eggs. Wrap unused portion in foil or plastic wrap and store in refrigerator.

Cornbread Pie

2 pounds ground chuck
Shortening
1 large onion
1 bell pepper
1 pint canned tomatoes
1 small can tomato sauce
1 can whole kernel corn
1½ teaspoons salt
½ teaspoon pepper
1 teaspoon seasoning salt
¼ teaspoon garlic salt

1 tablespoon celery flakes

Cornbread mixture:

½ cup flour
½ cup yellow cornmeal
½ teaspoon salt
2 teaspoons baking powder
1 tablespoon sugar
1 egg
¾ cup milk

Brown ground chuck in small amount of shortening in skillet. Push meat to one side; add onion and bell pepper. Cook until lightly browned. Add tomatoes, tomato sauce, corn, salt, pepper, seasoning salt, garlic salt and celery flakes. Heat to boiling. Pour into casserole dish. Cover with the following cornbread mixture; bake at 400°F until nicely browned.

Cornbread Mixture: Sift together all dry ingredients, add egg and milk, beat until smooth; pour over casserole mixture.

Mexican Cornbread

1 cup yellow cornmeal
½ teaspoon salt
½ teaspoon baking soda
⅓ cup melted shortening
1 cup sour cream

1 8-ounce can cream-style
corn
2 eggs, beaten
1 cup shredded cheddar
cheese
1 4-ounce can chopped
green chilies, drained

Combine cornmeal, salt and baking soda; blend well. Stir in shortening; add sour cream, corn and eggs, mixing well. Spoon half of batter into greased, heated 8" or 9" heavy skillet. Sprinkle with cheese and chilies; cover with remaining cornbread mixture. Bake at 375°F for 35-40 minutes or until golden brown. Yields 6-8 servings.

Hush Puppies

½ cup all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1½ cups cornmeal

1 egg, beaten
¾ cup milk
1 small onion, finely chopped
(optional)
Shortening for deep frying

Combine dry ingredients; add egg and milk, mixing lightly. Stir in chopped onion, if desired. Drop batter by teaspoonfuls into deep hot fat (360°F), frying only a few at a time. Cook until hush puppies are golden brown. Drain on absorbent paper. Yields 2 dozen.

Cornmeal Mush with Pork

1 pound lean pork
(including bones)
1 cup cornmeal

1 teaspoon salt
½ teaspoon powdered
sage

Simmer pork in kettle of water until meat falls from bones. Remove meat and bones. Chill broth and remove fat. Bring measure of broth to one quart by boiling down or by adding water as necessary. Add cornmeal and cook, stirring frequently until thickened. Chop meat fine; season with salt and sage. Add to mush and pack in bread pans. Chill, slice and sauté. Serves 6.