

Southern Cornbreads

from Martha White



Southern Cornbreads

Corn meal has been an important part of the American diet since the Indians introduced it to the early English settlers. Through the years, Southern cooks have continued to take pride in their cornbread and have developed a wide variety of breads made from corn meal.

What is Corn Meal?

Plain corn meal is simply dried corn that has been ground. It may be made from white or yellow corn. After grinding, corn meal is enriched with the B vitamins and iron according to government standards.

Self-rising corn meal has had baking powder and salt blended into the corn meal in the correct proportions for most cornbreads.

Self-rising corn meal mix contains baking powder, salt and a little flour. The flour helps make cornbread with a lighter moister texture.

Cornbread Ingredients and Hints

Basic cornbread recipes call for only a few ingredients. **Corn meal**, of course, provides the characteristic "nut-like" flavor and corn-crunch. **Baking powder** and/or **soda** is the leavening that makes cornbread rise. **Salt** is added for flavor.

Other ingredients in most cornbread recipes include **fats** (melted shortening, cooking oil, butter, margarine or drippings) which make the bread tender.

Liquids may be water, milk or buttermilk. Milk and buttermilk add to the nutritive value of the cornbread. Buttermilk makes a moister textured cornbread. Liquid absorption may vary slightly. If batter seems too thick add a little more liquid. Batter should be creamy and pourable.

Eggs provide a lighter texture and reduce crumbling.

Small amounts of **sugar** bring out the nut-like flavor and make a golden brown crust.

To make traditional Southern cornbread which is brown and crusty, grease and heat black iron pans. Batter should sizzle when poured into pan.

Country-Style Cornbread

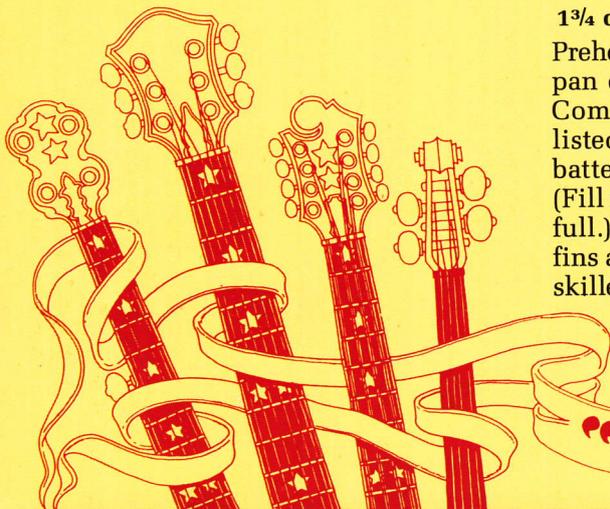
Makes 1 9-inch skillet, 1 9-inch square pan, 12 muffins or 16 corn sticks.

2 cups Martha
White Self-
Rising Corn
Meal Mix

$\frac{1}{4}$ cup melted
shortening or
vegetable oil

$1\frac{3}{4}$ cups buttermilk

Preheat oven to 450° F. Grease skillet, pan or molds; place in oven to heat. Combine all ingredients in order listed; stir until well blended. Pour batter into prepared pan or molds. (Fill muffin cups or corn stick pans $\frac{2}{3}$ full.) Bake 15 to 18 minutes for muffins and sticks or 20 to 25 minutes for skillet and pan.



"GOODNESS"

Martha White's Southern Cornbread (Egg Bread)

Makes 1 9-inch skillet, 1 9-inch square pan, 12 muffins or 16 corn sticks.

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| 1 egg | 2 cups Martha White Self-Rising Corn Meal Mix |
| 1 $\frac{1}{3}$ cups milk | |
| $\frac{1}{4}$ cup melted shortening or vegetable oil | |

Preheat oven to 450° F. Grease skillet, pan or molds; place in oven to heat. Beat egg in mixing bowl. Add remaining ingredients; stir until well blended. Pour batter into prepared pan or molds. (Fill muffin cups or corn stick pans $\frac{2}{3}$ full.) Bake 15 to 18 minutes for muffins and sticks or 20 to 25 minutes for skillet and pan.

Buttermilk Cornbread

Follow recipe for Southern Cornbread, except substitute 1 $\frac{3}{4}$ cups buttermilk for milk.

Butter Bite Hoecakes

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| 1 cup Martha White Self-Rising Corn Meal Mix | 1 $\frac{1}{2}$ cups boiling water |
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Combine corn meal and boiling water in bowl; stir to blend. In large skillet, heat $\frac{1}{4}$ -inch shortening over medium low heat until a drop of water sizzles when dropped in skillet. Spoon batter by tablespoonfuls into hot skillet. Fry until golden brown; turn and fry on other side until golden brown. Serve hot with butter.

Makes about 10 hoecakes.

Cornbread Dressing (for chicken or turkey)

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| 1 cup chopped celery | 1 recipe Martha White Southern Cornbread, crumbled (about 5 cups) |
| $\frac{1}{4}$ cup chopped onion | 1 teaspoon poultry seasoning |
| $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) butter or margarine | $\frac{1}{2}$ teaspoon pepper |
| 5 cups crumbled biscuits or dry bread cubes | 2 cans (14 $\frac{1}{2}$ ounces each) chicken broth (about 4 cups) |

Saute celery and onion in butter. In large bowl, combine celery mixture and remaining ingredients; blend well. Stuff mixture into bird and roast according to standard roasting directions. Mixture may also be baked in a greased 13 x 9 x 2-inch pan at 350° F for 1 hour or until lightly browned.

Makes about 12 cups or 10 to 12 servings.

Hush Puppies

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| 2 cups Martha White Self-Rising Corn Meal Mix | 1 tablespoon finely chopped onion |
| 3 tablespoons Martha White Self-Rising Flour | 1 cup milk or water |
| | 1 egg, beaten |

Combine corn meal, flour and onion. Gradually beat in milk or water and egg. Drop from a spoon into hot fat where fish was fried. Fry until golden brown; drain on absorbent paper.

Note: For additional flavor, add 1 more tablespoon finely chopped onion and 1 teaspoon onion powder.

Makes about 20 hush puppies.

GRACIOUS IT'S GOOD!

Sausage Cornbake

Makes 1 10-inch skillet, 14 muffins or 18 corn sticks.

2 cups Martha White Self-Rising Corn Meal Mix	1 egg, beaten
1½ cups milk	1 teaspoon sugar
¼ cup melted shortening or vegetable oil	½ pound sausage, browned

Preheat oven to 450° F. Grease skillet, pans or molds; place in oven to heat. Combine ingredients in order listed; stir until well blended. Pour batter into prepared pan or molds. (Fill muffin cups or corn stick pans ⅔ full.) Bake 15 to 18 minutes for muffins and sticks or 20 to 25 minutes for skillet. This bread should be baked thin and quite brown.

Sweet Milk Corn Cakes

1 egg	1 cup Martha White Self-Rising Corn Meal Mix
¾ cup milk	½ teaspoon sugar
1 tablespoon vegetable oil	

Preheat lightly greased skillet or griddle on medium heat (350° F). Lightly beat egg in mixing bowl. Add remaining ingredients; stir until well blended. Pour batter onto hot skillet or griddle; ¼ cup batter makes a nice size corn cake. After cake is brown on one side, turn and brown on other side. For thinner corn cakes, add a little more milk. Makes 6 corn cakes.

Note: These corn cakes are good topped with barbecue or may be buttered and served with any meal.

Tex-Mex Cornbread

1 egg	½ cup milk
1 cup Martha White Self-Rising Corn Meal Mix	1 teaspoon sugar
1 can (8½ ounces) cream-style corn	1 cup (4 ounces) grated sharp Cheddar cheese
2 tablespoons vegetable oil	2 tablespoons chopped jalapeno peppers

Preheat oven to 450° F. Grease an 8-inch square baking pan. Lightly beat egg in bowl. Add remaining ingredients; stir until blended. Pour into prepared pan. Bake 20 to 25 minutes, or until golden brown.

Makes about 8 servings.

Note: For milder cornbread, substitute 2 tablespoons chopped green chilies for jalapeno peppers.

Corn Light Bread

1½ cups Martha White Self-Rising Corn Meal Mix	¼ teaspoon baking soda
⅓ cup Martha White All-Purpose Flour	1½ cups buttermilk
½ cup sugar	½ cup (1 stick) butter or margarine, melted

Preheat oven to 350° F. Grease bottom of an 8½ x 4½ x 2½-inch loaf pan; set aside. Combine all ingredients in order listed; stir until well blended. Let stand for 20 minutes. Pour batter into prepared pan. Bake 1 hour. Turn out onto wire rack to cool.

Makes 1 loaf.

