



Ways of using corn. Circular 95 January, 1918

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Ways of Using Corn

"Indian corn is an American food. Its use in greater amounts, especially if combined with fruits, vegetables and dairy products, would result in a great saving of wheat, without detriment to flavor or food value. . . . It is especially important that we use the corn to save the wheat because (1) wheat is more easily transported than corn; (2) wheat keeps better than corn; (3) our European allies do not know how to use corn for food."

Ways of Using Corn

HOME ECONOMICS DEPARTMENT

To eat more corn, or maize as the Indians called it, should be a patriotic duty and a pleasure to American home defense forces.

First of all, the corn acreage of the United States is nearly double that of the rest of the world. The corn acreage of all European countries is about equal to that of Illinois, Iowa and Missouri.

Therefore, possessing so great a wealth of this cereal—a typical true-blue American crop—its wider use is our natural duty. Moreover, it should be an easy matter to educate our tastes when so much of importance to our lives and fortunes is at stake.

We cannot ask our Allies to share our corn with us, for the European housewife is not equipped with ovens which bake hot breads satisfactorily. All bread in Europe is baked in central kitchens and distributed to the various households each morning. Corn bread does not make a palatable cold bread. We must eat the corn in order that there may be more wheat to send to those fighting in the cause of freedom—our Allies and our own army. There is neither time nor equipment for making corn dishes in the trenches.

By substituting corn for wheat we are losing nothing, for although corn supplies a little less of the tissue building material (protein) than wheat, it furnishes more energy.

In general, when using corn meal, it is better to cook the corn meal by slowly sifting it into boiling water and cooking until it cleaves from the pan like a thick mush. This cooking improves the flavor and the ease of digestion. In the following recipes, either white or yellow (Indian) corn meal may be used. These have equal nutritive value. The flavor of the white is less characteristic and therefore is preferred by many.

CORN DISHES AS MEAT SUBSTITUTES

CORN CHOWDER

1 can or 2 cups fresh corn	2 tablespoons flour (barley)
4 potatoes, cut in $\frac{1}{4}$ inch slices	3 cups scalded milk
2 onions, sliced	3 tablespoons beef drippings or other fat
2 cups water	
1 tablespoon corn starch or	Salt and pepper

Cook onion, corn starch and fat, stirring often so that onion may not burn; add 2 cups water and potatoes. Cook until the potatoes are soft; add corn and milk, and cook 5 minutes. Season with salt and pepper, and serve.

SCALLOPED CORN

2 cups corn	3 tablespoons fat
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 or 2 eggs	Pepper
1 cup bread crumbs (dry but not dried)	

Mix eggs, corn, milk, salt and pepper, and pour into a baking dish. Melt fat and add crumbs. Sprinkle over top of corn mixture. Bake in moderate oven until firm, and crumbs are well browned.

PHILADELPHIA SCRAPPLE

1 pig's head split in halves	2 teaspoons salt
2 cups corn meal	1 teaspoon powdered sage

Remove the eyes and brains from the head; scald the head and ears and scrape thoroughly. When cleaned, cover with water, and cook slowly until the bones will slip easily from the meat (3 or 4 hours). Remove the bones, and chop the meat fine. Allow liquid to cool, remove the fat, and either evaporate or add enough water to make 2 quarts. Stir in the meal and cook 1 $\frac{1}{2}$ hours in double boiler. Add the meat and seasonings and cook $\frac{1}{2}$ hour longer. Turn into a deep baking dish or bread pans to cool. Slice and fry.

WISCONSIN SCRAPPLE

1 cup sausage, chopped, or	2 teaspoons salt
1 cup hogshead cheese	1 cup corn meal
3 cups water	

Sift corn meal into boiling water and cook in a double boiler 2 hours. Stir in the chopped sausage or cheese; turn into a moistened bread pan and cool. Slice and fry.

CASSEROLE OF HOMINY, TOMATOES AND CHEESE

4 cups cooked hominy	$\frac{1}{4}$ pound cheese
3 cups thin tomato sauce	

Mix tomato sauce with hominy. Put alternate layers of this mixture and grated cheese in oiled baking dish. Bake in a moderate oven until slightly browned.

Green peppers or onions chopped fine may be added if desired.

TOMATO SAUCE (For Casserole of Hominy, Tomatoes and Cheese)

4 tablespoons fat	3 cups strained tomatoes
5 tablespoons barley flour	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Melt fat, add barley flour, salt and pepper. When thoroughly mixed, add strained tomatoes and cook until thickened, stirring constantly.

SOY BEAN BROWN VEGETABLE STEW

1 pound shoulder of beef	6 potatoes, cut in $\frac{1}{2}$ inch cubes
$\frac{1}{2}$ cup flour (barley)	6 onions, sliced
1 cup canned corn or	3 carrots, diced
$\frac{1}{2}$ cup dried corn	2 turnips, diced
1 cup soaked soy beans	1 tablespoon salt
1 cup tomato	1 teaspoon peppercorn
4 cups water	$\frac{1}{2}$ bay leaf
	$\frac{1}{2}$ cup celery

Roll meat in flour, and brown in fat. Add seasonings and beans which have been parboiled in water to which one-fourth teaspoon cooking soda has been added. Cook 3 to 4 hours. An hour before serving, add vegetables and cook until tender.

VEGETABLE ROAST

$\frac{1}{2}$ cup canned corn	$\frac{1}{4}$ cup fat meat, cut in cubes and browned
1 cup cooked yellow soy beans	2 tablespoons hot water
$\frac{3}{4}$ cup stewed tomatoes	$\frac{1}{2}$ egg, well beaten
$\frac{1}{2}$ cup boiled rice	1 teaspoon salt
$\frac{1}{2}$ cup raw chopped potato	1 cup dry bread crumbs
1 teaspoon minced onions	$\frac{1}{8}$ teaspoon pepper

Mix all ingredients together, form in a loaf and bake $\frac{1}{2}$ hour. Serve with tomato sauce.

TOMATO SAUCE

1 cup stewed tomatoes	1 tablespoon fat
1 $\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 tablespoon chopped onion	Speck of pepper

Melt fat, add onion, flour and seasonings. Cook until onions are slightly brown, and then add tomato; cook until thickened, stirring constantly.

SCALLOPED CORN AND SOY BEANS

2 cups yellow soy beans	1 teaspoon salt
2 cups canned corn	$\frac{1}{8}$ teaspoon pepper
1 cup tomato	1 tablespoon catsup
1 egg	1 small onion
	2 cups oiled bread crumbs

Soak beans over night and cook until tender in water to which a little cooking soda has been added. Put through potato ricer; add

corn, seasonings, egg and tomato. Place in oiled casserole or baking dish, cover with oiled bread crumbs. Bake in a moderate oven $\frac{1}{2}$ hour, or until set and crumbs are brown.

CORN OYSTERS

To 2 cups corn chopped fine, add 1 well beaten egg, $\frac{1}{4}$ cup flour (barley), 1 tablespoon milk, and season highly with salt and pepper. Drop by spoonfuls (about size of large oysters) on a well greased griddle.

SUCCOTASH

1 cup canned corn	$\frac{1}{2}$ teaspoon salt
1 cup cooked soy beans	1 teaspoon onion
	2 tablespoons fat

Melt fat, add onion and brown. Add corn, beans and seasonings. Reheat.

CORN SOUFFLE

3 tablespoons fat	Salt
3 tablespoons flour (barley)	Pepper
1 can corn	2 eggs

Chop corn. Melt fat; add flour and finely chopped corn; season with salt, pepper and a little onion if desired; cook until thickened; cool slightly. Add beaten yolks, and stiffly beaten whites. Pour into a well oiled baking dish, and bake in a moderate oven $\frac{1}{2}$ hour, or until mixture is light and firm. Serve at once.

SCALLOPED HOMINY AND CHEESE

3 cups cooked hominy	$\frac{1}{2}$ pound cheese
2 cups thin white sauce or milk	1 teaspoon salt

Mix white sauce with hominy. Put alternate layers of this mixture and grated cheese in oiled baking dish. Cover with oiled bread crumbs and bake in moderate oven until hot through and crumbs are brown.

CORN SOUP

3 tablespoons fat	Pepper
3 tablespoons flour	1 cup water
1 teaspoon salt	3 cups milk
1 tablespoon chopped onion	1 can corn, finely chopped

Melt fat, add flour, salt and onion, and cook until onion is slightly browned. Add water and cook until thickened; combine with milk and corn; boil 5 minutes, season, and serve. If desired, the soup may be strained before serving, thus removing the particles of corn and onion.

CORN BREADS AND BREAD SUBSTITUTES

WISCONSIN CORN BREAD

*3 cups corn meal mush	1 tablespoon fat
¾ cup water	1 teaspoon salt
1 tablespoon sugar	1 cake yeast
Flour	

Mix yeast in luke warm water; add sugar, fat and salt. Stir in mush and 1 cup flour. Allow this mixture to rise over night. In the morning, add enough flour to knead; let rise until mixture is double its size; knead down, form into loaves and when these have doubled in size, bake. This mixture may also be used for rolls.

SPOON BREAD

¼ cup fat and cracklings from pork, beef or chicken fat	1 cup corn meal (white preferred)
3 cups boiling water	2 eggs
	½ teaspoon salt

Add fat and cracklings to water, and when boiling sprinkle in salt and corn meal, stirring constantly. Cook in a double boiler 1 hour, cool and add well beaten eggs. Turn into oiled dish and bake in a moderate oven ¾ of an hour.

BROWN BREAD

1 cup corn meal	2 cups sour milk
1 cup rye flour	1 teaspoon soda
1 cup barley flour	2 teaspoons baking powder
¾ cup molasses	¼ teaspoon ginger
	½ teaspoon salt

Sift corn meal, rye and barley flour, baking powder, ginger and salt together. Mix sour milk and molasses and add soda, previously dissolved in a little cold water. Combine liquid and dry ingredients, stirring thoroughly. Steam for from 4½ to 5 hours in brown bread tin, or 3 hours in well oiled baking powder tins.

CORN BREAD

1 cup sour milk	1 egg yolk
½ teaspoon soda dissolved in 1 teaspoon water	1 teaspoon salt
2 tablespoons sugar	1½ cups corn meal
1 tablespoon shortening	White of 1 egg beaten stiff and added last

Bake in thin sheets in a dripping pan in a hot oven for 20 minutes.

* White corn meal is particularly desirable for this bread. The mush is prepared by cooking 1 part corn meal in 2 parts boiling water for several hours in a double boiler.

WISCONSIN JOHNNY CAKE

1 cup boiling water	1 cup sour milk or
$\frac{1}{2}$ teaspoon salt	1 cup buttermilk
1 teaspoon shortening	$\frac{1}{2}$ teaspoon soda (added last)
	1 cup corn meal (white or yellow)

Mix in order given. Spread the mixture thin in form of cakes on the oiled surface of a hot frying pan. Cook slowly for 15 minutes; turn and brown on the other side. Serve hot. This amount will make 16 cakes.

CORN MEAL MUFFINS

1 cup sour milk	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon soda dissolved in 1	1 egg
teaspoon water	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	1 $\frac{1}{2}$ cups corn meal
	1 tablespoon shortening

Bake in small muffin tins for 20 minutes

CORN AND RICE MUFFINS

$\frac{1}{2}$ cup cooked rice	$\frac{1}{4}$ teaspoon salt
1 cup milk	3 teaspoons baking powder
1 egg	1 $\frac{1}{4}$ cups corn meal (white pre-ferred)
1 tablespoon sugar	
	2 tablespoons melted fat

Combine as for muffins. Bake in moderate oven 35 to 40 minutes.

HOMINY MUFFINS

$\frac{1}{2}$ cup cooked hominy	$\frac{1}{4}$ teaspoon salt
1 cup milk	3 teaspoons baking powder
1 egg	1 $\frac{1}{4}$ cups corn meal (white pre-ferred)
1 tablespoon sugar	
	2 tablespoons melted fat

Combine as for muffins. Bake in moderate oven 35 to 40 minutes.

RYE AND CORN MUFFINS

1 cup rye flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup corn meal (white pre-ferred)	1 tablespoon sugar
1 cup milk	2 tablespoons melted fat
	3 teaspoons baking powder
	1 egg

Combine as for muffins. Bake in moderate oven 35 to 40 minutes.

CORN MEAL PARKER HOUSE ROLLS

1 cup rye or barley flour	1 tablespoon fat
$\frac{3}{4}$ cup corn meal	1 egg
$\frac{1}{4}$ teaspoon salt	1 tablespoon sugar
3 teaspoons baking powder	$\frac{1}{2}$ cup milk

Sift dry ingredients together; rub in fat. Add egg and milk to make a soft dough. Roll out until $\frac{1}{2}$ inch thick. Cut with biscuit cutter and mold to form Parker House shape. Bake in moderate oven.

CORN PONE

1 cup white corn meal	1 pint boiling water
	1 teaspoon salt

Cook these together in double boiler 1 hour or more. Add 1 cup milk, 1 cup of boiled rice, 1 tablespoon shortening, and 2 well beaten eggs. The mixture should be like mush. Bake in an earthen dish 45 minutes. Serve with meat gravy, tomato or cheese sauce.

VIRGINIA PONE

1 cup hot boiled hominy	1 cup white or yellow corn meal
2 cups milk	2 teaspoons baking powder
3 tablespoons fat	2 eggs well beaten
	½ teaspoon salt

Add the milk and fat to the hominy, and cool; add the corn meal and baking powder mixed and sifted together, then the eggs well beaten. Bake in an oiled earthen dish 45 minutes. Serve in the dish, cut in triangular pieces.

HOE CAKES

2 cups corn meal mush made by cooking 1 part corn meal in 2½ parts water	1 egg
	½ teaspoon salt
	3 teaspoons baking powder.
	2 tablespoons melted fat

Add egg and melted fat to cold mush mixing thoroughly. Stir in salt and baking powder; form into flat cakes in the palm of the hand and bake in hot oven until delicately browned.

CORN MEAL STICKS

1 cup sour milk	1 egg
1 tablespoon shortening	½ teaspoon salt
3 teaspoons baking powder	1½ cups corn meal
½ teaspoon soda dissolved in 1 teaspoon cold water	

Combine corn meal, salt and baking powder; add sour milk; stir in egg and melted fat. Mix thoroughly and add soda dissolved in cold water. Bake in well greased bread stick pan, or in dripping pan, in moderate oven until delicately browned. If the latter is used the mixture should not be over $\frac{1}{4}$ inch thick and should be cut in strips $\frac{1}{4}$ inch wide, and 3 inches long, just after removing from the oven.

CORN MEAL CRISPS

¾ cup corn meal	2 tablespoons melted fat
1 cup boiling water	½ teaspoon salt

Add corn meal gradually to boiling water and cook 2 minutes. When smooth, add fat and salt. Spread as thin as possible on a well greased, inverted dripping pan, using a long, broadbladed knife. Bake in a moderate oven until well browned. Cut in squares, remove from pan and serve at once.

BREAKFAST DISHES

HULLED CORN

1 quart dry, ripe field corn	3 quarts water
1 tablespoon washing soda	

Dissolve soda in hot water, cool and pour over corn. Allow to soak over night. In the morning, boil in this water until the hulls come off. Wash well in several waters, rubbing the corn between the hands. Put into cold water and bring to a boil. Cook until the corn is soft. Keep plenty of water in the kettle and change two or three times while cooking. It will take about 3 hours for the corn to cook. Serve with milk.

PARCHED CORN

White field corn may be parched in the oven, ground in a hand mill and cooked like corn meal in a double boiler. To 1 part parched corn meal, add 2 parts water.

POP CORN

Popped corn, either whole or ground, makes a very delicious breakfast or supper dish, when served with top milk.

CORN MEAL MUSH

1 cup corn meal	$\frac{1}{2}$ teaspoon salt
1 quart boiling water	

Sift corn meal into boiling water. Boil directly over fire 5 minutes in upper part of double boiler. Place over lower part of boiler and continue cooking for several hours. Serve with milk, top milk, or syrup.

SAUTE CORN MEAL MUSH

1 cup corn meal	$\frac{1}{2}$ teaspoon salt
3 cups boiling water	

Sift corn meal into boiling salted water. Boil 5 minutes directly over the fire and continue cooking for several hours in the upper part of a double boiler. Turn while warm into a well oiled bread pan. When cold and firm, turn out, cut into $\frac{1}{2}$ inch slices; dip in flour (barley) and brown slowly on a hot greased griddle. Serve with syrup.

CORN MEAL GRIDDLE CAKES

$\frac{1}{2}$ cup corn meal	1 egg
1 $\frac{1}{2}$ cups boiling water	1 $\frac{1}{4}$ cups sour milk
1 teaspoon salt	$\frac{1}{2}$ teaspoon soda
2 tablespoons fat	2 cups rye or barley flour
	2 teaspoons baking powder

Add corn meal and salt to the boiling water and cook 5 minutes; cool. Add sour milk and soda dissolved in a little cold water, well beaten egg and melted fat. Sift in flour and baking powder. Mix thoroughly and bake on hot griddle.

DESSERTS

INDIAN MEAL PUDDING

5 cups scalded milk	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup Indian meal	1 teaspoon salt
1 teaspoon ginger	

Scald milk in double boiler, mix corn meal with a little cold water and add gradually to the scalded milk. Cook 20 minutes, stirring frequently. Add molasses, salt and ginger; pour into oiled pudding dish and bake 2 hours in a slow oven. Serve with cream or top milk.

INDIAN TAPIOCA PUDDING

5 tablespoons pearl tapioca	2 tablespoons fat
4 cups scalded milk	1 teaspoon salt
4 tablespoons Indian meal	1 cup milk
$\frac{3}{4}$ cup molasses	

Soak tapioca 2 hours in cold water to cover. Pour scalded milk over Indian meal and cook in double boiler 10 minutes. Add tapioca which has been previously drained from water, molasses, fat and salt. Turn into well greased pudding dish, and pour over remaining milk, but do not stir. Bake 1 $\frac{1}{2}$ hours in moderate oven.

CORN MEAL APPLE PUDDING

$\frac{1}{2}$ cup sugar	2 well beaten eggs
1 pint fresh mush	$\frac{1}{2}$ cup milk
1 pint pared and sliced tart apple	

Turn into greased pan and bake until apples are soft, about 45 minutes.

STEAMED BARLEY PUDDING

1 cup sour milk	$\frac{3}{4}$ cup corn meal
1 cup molasses	1 cup barley flour
1 egg	$\frac{1}{4}$ teaspoon salt
1 teaspoon soda	1 cup chopped raisins

Beat egg, add molasses, milk, and soda dissolved in a little cold water. Sift corn meal and barley flour together and combine with first mixture. Add chopped raisins, and pour into well greased baking powder tins or popover cups. If the latter are used cover each cup with a well greased paper. Steam 2 hours.

CORN FLOUR CAKE

$\frac{1}{3}$ cup fat	$1\frac{1}{4}$ cups milk
$\frac{3}{4}$ cup sugar	2 cups white corn flour
2 eggs	3 teaspoons baking powder

Scald milk, add corn flour slowly, stirring constantly. Cream fat and sugar, add well beaten eggs, then the corn flour and milk mix-

ture. Beat well, add baking powder, beat quickly and thoroughly and bake in a moderate oven.

For Fig Layer Cake bake in two round tins. Before serving place fig filling between cakes. Whipped cream may be served on this if desired.

FIG FILLING

Cut figs into small pieces, add either $\frac{1}{3}$ cup sugar and $\frac{1}{3}$ cup water, or $\frac{1}{3}$ cup corn syrup, and 1 tablespoon lemon juice to 1 cup of chopped figs. Heat in double boiler until soft and thick enough to spread. Spread while hot on cake.

CHOCOLATE PUDDING

1 pint milk	$\frac{1}{2}$ cup sugar
4 tablespoons cornstarch	$\frac{1}{2}$ cup Sultana raisins
1 square chocolate	$\frac{1}{2}$ cup nut meats, cut fine
1 teaspoon vanilla	

Mix cornstarch, sugar, and salt. Combine with a little cold milk, and add to scalded milk, to which grated chocolate has previously been added. Cook in double boiler, stirring constantly until thickened. Add raisins and nut meats. Mold, chill and serve with top milk.

PEACH PUDDING

4 tablespoons cornstarch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 cups milk	

Scald $1\frac{3}{4}$ cups milk in a double boiler. Mix dry ingredients; add remaining $\frac{1}{4}$ cup milk and stir until smooth. Stir scalded milk slowly into wet cornstarch. Cook in top of double boiler 5 minutes over stove; then cook 20 minutes over boiling water. Add vanilla. Place $\frac{1}{2}$ canned peach or other fruit in bottom of cup or mould; pour over cornstarch mixture; cool and serve with syrup from fruit, or cream.

POPCORN BALLS

Pop corn, pick over carefully, removing all poorly popped and burned kernels. Prepare syrup by boiling 2 cups of syrup and 1 tablespoon of butter substitute until it "threads". Pour slowly over corn, stirring so that a small portion of the mixture adheres to each kernel. Dip hands into cold water and form corn into balls.

The syrup may be made of 2 cups of corn syrup or $1\frac{1}{2}$ cups of corn syrup and $\frac{1}{2}$ cup of molasses. Corn syrup and maple syrup may also be used for binding the corn.

