



ORGANIC CORNMEAL RECIPES



**TEAM UP
AGAINST
HUNGER**



COURTESY OF SSCAC'S FOOD RESOURCES PROGRAM

BAKED HERB CHICKEN BREADER

INGREDIENTS NEEDED:

- 1 cup Plimoth Grist Mill Cornmeal
 - 1 cup all-purpose flour
 - 4 teaspoons salt
 - 2 teaspoons thyme
 - 2 teaspoons black pepper
 - ½ teaspoon garlic salt
 - ½ teaspoon oregano
 - ½ teaspoon rosemary (optional)
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Combine all the ingredients in a medium sized bowl. Dip chicken pieces in milk, and then coat them with the breader. Place the coated chicken pieces in a shallow baking pan and lightly brush with oil or melted butter/margarine. Bake at 400 degrees for 40-50 minutes or until the internal temperature of the chicken is 170 degrees. Coats 3-4 pounds of chicken.

PLIMOTH GRIST MILL

Plymouth, Massachusetts

INDIAN HEAD PUDDING

INGREDIENTS NEEDED:

- $\frac{2}{3}$ cup Plimoth Grist Mill Cornmeal
 - 4 $\frac{1}{2}$ cups milk
 - $\frac{1}{4}$ cup butter
 - $\frac{1}{2}$ cup molasses
 - 1 teaspoon salt
 - $\frac{1}{4}$ cup sugar
 - 1 teaspoon cinnamon
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Preheat oven to 325 degrees.

Scald 3 $\frac{1}{2}$ cups of the milk in the top part of double boiler over direct heat.

Mix Plimoth Grist Mill Cornmeal with remaining 1 cup of cold milk. Add to scalding milk, stirring constantly.

Place over boiling water and cook for 20 minutes, stirring frequently.

Add butter, molasses, salt, sugar and cinnamon.

Pour into greased baking dish (1 $\frac{1}{2}$ quart).

Bake for 1 $\frac{1}{2}$ hours. Serve warm with cream or vanilla ice cream.

SWEET CORN BREAD MAXWELL

INGREDIENTS NEEDED:

- ½ cup Plimoth Grist Mill Cornmeal
- 1 cup all-purpose flour
- ¼ cup + 3 tablespoon sugar
- 1 teaspoon salt
- 2 ½ teaspoons baking powder
- ¼ cup +2 tablespoons oil
- ½ cup milk
- 2 eggs

Preheat oven to 375 degrees. Combine flour, sugar, salt and baking powder in a mixing bowl. In a separate bowl, combine oil, eggs, and milk. Using a wire whip, add wet ingredients to the dry ingredients until batter is uniform. The batter will be slightly lumpy. Pour batter into a greased 9x9 pan and bake for 24-28 minutes.

TACO SKILLET

INGREDIENTS NEEDED:

- **1 pound ground beef**
- **1-6 ounce can corn (drained)**
- **½ cup cold water**
- **1 packet taco seasoning (1.25 ounce)**
- **Grated Mexican-style cheese**
- **¾ cup Plimoth Grist Mill Cornmeal**
- **¼ cup all-purpose flour**
- **2 teaspoons sugar**
- **2 teaspoons baking powder**
- **¾ teaspoon salt**
- **1 cup evaporated milk**
- **1 egg, slightly beaten**

Preheat oven to 400 degrees. In a 10" cast iron skillet, brown ground beef over medium heat until no longer pink; drain excess fat. Stir in corn, water and taco seasoning packet. Cook over low heat for 6-8 minutes or until mixture thickens. Top with cheese. In a medium bowl, combine Plimoth Grist Mill Cornmeal, flour and baking powder. In a small bowl, mix evaporated milk and egg. Add this mixture to the Plimoth Grist Mill Cornmeal, flour and baking powder. Stir until just blended. Spread over top of the meat/cheese mixture. Bake for 20-25 minutes or until wooden pick inserted in center comes out clean.

ZESTY TAMALES PIE

INGREDIENTS NEEDED:

- 1 ½ pound ground beef
- 1 small onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 2 cans (10 oz. each) enchilada sauce
- 1 cup whole kernel corn
- 1 can (2.25 oz) sliced ripe olives, drained
- 1 teaspoon salt
- 2 ¼ cups Plimoth Grist Mill Cornmeal
- 2 cups water
- 1 can (12 fl. Oz) evaporated milk
- 1 can (4 oz) diced green chilis
- ½ cup (2 oz) shredded cheddar cheese
- Pickled jalapenos (optional)

Preheat oven to 425 degrees. Grease a large 12"x8" baking dish.

FOR FILLING: Brown ground beef in a large skillet with onion and garlic over medium heat until no longer pink, drain. Stir in enchilada sauce, corn, olives and salt.

FOR CRUST: Combine Plimoth Grist Mill Cornmeal, water, evaporated milk and salt in a medium saucepan. Cook over medium-high heat, stirring frequently, for 5-7 minutes or until thick. Stir in chilis. Reserve 2 cups of the Plimoth Grist Mill Cornmeal mixture; cover with plastic wrap. Spread remaining Plimoth Grist Mill Cornmeal mixture on bottom and up sides of the prepared baking dish. Bake in oven for 10 minutes. Cool on wire rack. Spoon meat filling into Plimoth Grist Mill Cornmeal crust. Spread remaining Plimoth Grist Mill Cornmeal mixture over meat filling. Bake for 15 to 20 minutes; sprinkle with cheese. Bake for an additional 5 to 10 minutes or until cheese is melted. Garnish with pickled jalapenos.

GOLDEN YELLOW CORN BREAD

INGREDIENTS NEEDED:

- 1 cup Plimoth Grist Mill Cornmeal
 - 1 cup all-purpose flour
 - ¼ cup sugar
 - 1 teaspoon salt
 - 3 teaspoons baking powder
 - ¼ cup oil
 - 1 cup milk
 - 1 egg, beaten
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CORN BREAD: Preheat oven to 425 degrees. Combine Plimoth Grist Mill Cornmeal, flour, sugar, baking powder and salt in a bowl. Mix oil, egg, and milk together and add to dry ingredients, mixing until batter is uniform. Bake in a greased 9"x9"x2" pan for 20-25 minutes.

CORN MUFFINS: Pour Plimoth Grist Mill Cornmeal batter into greased or line muffin tins, filling about 2/3 full. Bake at 425 degrees for 15-20 minutes. Makes 12 muffins.

RECIPE VARIATION: For a sweeter, moister corn bread or muffin, make these changes to the recipe above: use 2/3 cup milk, ½ cup sugar, ½ cup oil and 2 eggs. Reduce the heat to 400 degrees. Bake for 20-25 minutes.

ABOUT SSCAC'S FOOD RESOURCES PROGRAM

The mission of SSCAC's Food Resources Program is to get more nutrient-dense food to the greatest number of hungry Plymouth County residents in the most cost-effective way. To accomplish its mission, SSCAC'S Food Resources Program collects, stores, and distributes over a half million pounds of emergency food relief throughout Plymouth County each year.



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