

OKLAHOMA  
AGRICULTURAL AND MECHANICAL COLLEGE  
STILLWATER, OKLAHOMA

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EXTENSION DIVISION  
IN COOPERATION WITH  
UNITED STATES DEPARTMENT OF AGRICULTURE  
W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

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LESSON VII

**CORN MEAL**

BY EDITH ALLEN

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1—REFERENCES

Farmers' Bulletin No. 559, "Use of Corn, Kafir and Cowpeas in the Home", United States Department of Agriculture, Washington, D. C.

Farmers' Bulletin No. 249, "Cereal Breakfast Foods", United States Department of Agriculture, Washington, D. C.

Farmers' Bulletin No. 565, "Corn Meal as a Food, and Ways of Using It", United States Department of Agriculture, Washington, D. C.

Farmers' Bulletin No. 298, "Food Value of Corn and Corn Products", United States Department of Agriculture, Washington, D. C.

2—DIETETICS

Corn meal is largely a carbohydrate food. It is also composed of a considerable amount of fat. Carbohydrates and fats furnish fuel to the body for heat and energy. Corn meal is therefore a fuel supplying food. Some fine bits of the hull of the corn is left in corn meal. This stimulates the action of the digestive tract. This is good for persons troubled with constipation. Corn meal should be eaten in combination with milk, eggs, cheese, fish or meat, and fruit and vegetables.

**Menu Using Corn Meal**

**Supper**

Peach Sauce	Mush and Milk	Sponge Cake
	or	
Corn Bread	Stewed Chicken	Creamed Onions
Apple Sauce		Cookies

### 3—COMPOSITION

	Water	Protein	Fat	Carbohydrates	Calories per Pound
Corn meal .....	12.5	9.2	1.9	74.4	1655

### 4—PREPARATION

It has been found that corn meal makes better bread by first scalding it with the liquid to be used in the bread and then allowing this mixture to cool slightly before adding soda or baking powder and other ingredients. For making mush or puddings from corn meal, allow three and one-half times as much water as meal. If milk is used, four times as much milk as meal is needed.

Corn meal is a starchy food, so needs to be heated to the boiling temperature when being cooked.

### 5—PURPOSE OF THIS LESSON

1. To encourage the careful preparation of dishes made from corn meal.
2. To teach the use of corn meal in the diet, and what foods should be eaten with it.

### 6—RECIPES

#### Corn Meal Mush

$\frac{3}{4}$  cup corn meal                      1 pint boiling water  
 $\frac{1}{4}$  teaspoon salt

Stir the corn meal into the boiling salted water. Put in a double boiler and let cook slowly one hour, or else put into a fireless cooker and let cook over night.

#### Corn Meal Souffle

1 pt. hot milk                               $\frac{3}{4}$  cup corn meal  
 $\frac{1}{4}$  teaspoon salt                              4 eggs

Add the corn meal and salt slowly to the hot milk and stir until it thickens. Remove from the stove. Separate the yolks from the whites of the eggs. Stir the yolks into the milk and meal. Beat the whites stiff. Fold the corn meal mixture into this. Then pour the entire mixture into a buttered baking dish. Bake one-half hour until very light brown on top. Serve with butter or butter and syrup.

#### Corn Meal Gems

$\frac{1}{2}$  cup corn meal                              1 cup flour  
3 teaspoons baking powder              1 tablespoon sugar  
1 tablespoon melted butter               $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup milk                                      1 egg

Mix dry ingredients, add milk, beaten eggs and melted butter; bake in hot oven in buttered gem pans twenty-five minutes.

### Indian Pudding

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

Cook milk and meal in double boiler twenty minutes. Add salt, ginger and molasses. Pour into buttered pudding dish and bake two hours in slow oven. Serve with cream.

### FOR TEACHERS

The following is a suggestive plan for developing this lesson and relating it to other school lessons:

1. Materials needed for this lesson.—Corn meal and water.

Try to dissolve 1 teaspoon of corn meal in a glass of cold water. Sprinkle 1 teaspoon of corn meal in a cup of boiling hot water. Warm the corn meal and cold water, but do not let it boil. Does it change any? Does it taste raw or cooked?

2. Suggestions for correlation with other school lessons:

(1) English.—Tell some stories about Indian corn.

(2) Geography.—Where was Indian corn first found by the people from Europe? Draw a map of one of the States which produces large quantities of corn.

(3) Spelling.—Learn the new words used in this lesson. Define them.

3. For school lunch, use Recipe No. 1.

