From the Grist Mill



OLD TIDE MILL
North Kingstown R.I.

Corn Meal Recipes

Southern Rhode Island Farm Bureau
East Greenwich R. I.

FROM THE GRIST MILL

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Southern R. I. Farm Bureau

East Greenwich, R. I.

When our ancestors came to Rhode Island they found the Indians growing many of the vegetables we know today. Of first importance was Indian Corn (Zea mays); the color of this corn was red, blue, yellow and white.

The green corn was a favorable food. It was usually prepared by roasting or boiling. If not ripe when harvested, it was boiled on the ear, shelled, and carefully dried on mats or bark.

The ripe corn was husked and cured before storing. The corn was ground in a wooden or stone mortar by using a stone as a pestle. Many of these old stone mortars can still be seen on Rhode Island farms. These mortars were brought from Indian campsites and made use of by our ancestors.

Today, throughout rural Rhode Island, stone grinding grist mills driven by water power are still in operation. The Indian Flint Corn is ground slowly between two revolving R. I. granite stones.

The maise was prepared in many ways. Kernels were parched in hot ashes. Hulled corn and hominy still prepared in rural New England are primitive Indian dishes. Succotash was a mixture of corn and beans boiled. It was also used as a base for various kinds of stews.

Corn meal dough sometimes mixed with dried blueberries was made into cakes then wrapped in leaves and baked in hot ashes.

So much for the uses of corn in the early days of the State of Rhode Island and Providence Plantations. In a report of agriculture for this area made in 1840 figures indicate a field of 30 to 50 bushels of corn per acre. Today, we are able to secure 100 bushels per acre due to improvement in fertilizing and better corn varieties. The only remnant of these many home uses of Indian corn now called yellow corn, flint corn or field corn is the making of R. I. Johnnycake or corn bread. Some of the tried recipes for making use of our R. I. corn meal are given in following pages.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
State of Rhode Island

U. S. Department of Agr.
R. I. State College and
Southern R. I. Farm Bureau
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2 Federal Building
East Greenwich, R. I.

Extension Service
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RHODE ISLAND JOHNNY CAKE

7 heaping mixing spoons R. I. meal
2 tbsp. sugar
1/2 cup milk
1/ 2 tsp. salt
1 qt. boiling water

Method: Put dry ingredients in flour sifter. Sift into mixing bowl. Scald thoroughly with boiling water. Thin with the milk. For best results fry on both sides on an iron griddle, slowly. This makes 22 cakes - Frying time, 20 min. for each griddle of 9 cakes.

OLD RHODE ISLAND JOHNNY CAKES

Scald about 2 cups of R. I. Meal and 1/ 2 tsp. salt with boiling water. Mix and beat to a consistency that will drop from a spoon. Bake on a well-greased, hot griddle iron in little cakes dropped from a spoon. When baked on one side, turn over. Serve hot with meat or fish or make Johnny Cake toast by adding hot milk and cream, salt and butter. This is an old way of making Johnny Cakes.

LIPPITT HILL JOHNNY CAKES

The success of this rule depends on Common Sense ! To the average family, two cups of South County meal not too finely bolted, a pinch of salt, add from tea kettle spout boiling water to cover an inch deep. Beat like mad ! Then more water again, until the bolter drops easily from the spoon to piping hot griddle greased with beef drippings (not too much). Brown each side and place griddle and all in a very hot oven until crust puffs up. Serve at once ! Split - a little salt, a spoonful of Guernsey cream -- eat and thank God for R. I. Flint Corn.

ELSIE'S JOHNNY CAKES

1 cup meal
1 pint boiling water
or
2 cups milk
2 eggs
1 tsp. butter
1 tsp. sugar
a pinch of soda

These cakes are thin and will bubble when poured on griddle; unlike other Johnny Cakes, they cook quickly.

CUSTARD JOHNNY CAKES

1 cup corn meal
2 tbs. sugar
2 tsps. baking powder
2 eggs
2 cups milk
1/2 tsp. salt

Melt 2 tbsp. butter in a pan and pour the batter in the hot pan and bake in a hot oven.

OVEN JOHNNY CAKE WITH MOLASSES

1/4 cup sugar
2/3 cup molasses
1/3 cup shortening
3/4 cup sour milk
1 cup R. I. meal
1 cup flour
1 tsp. soda
1 egg
1 tsp. salt

Cream together sugar, salt and shortening. Add molasses. Measure milk in same cup and add soda stirring together. (This takes molasses from the sides). Add to mixture. Sift meal and flour together. Stir into wet ingredients. Beat well. Add egg (unbeaten); beat mixture once more and bake in moderate oven.

APPLE JOHNNY CAKE

Very few people have ever heard of this old fashioned dish, which is an acceptable addition to the breakfast menu. Make as follows:

1 cup sour milk
1 tsp. soda
2 tbsp. sugar
1 tbsp. melted butter

Sift together: 1 cup corn meal
2/3 cup flour
1/4 tsp. salt

Cut 4 apples into small pieces and stir well into the batter. Bake in a quick oven.

NARRAGANSETT DOUGHBOYS

Take two cups white corn meal; add a tiny pinch of soda moistened with a spoonful of water; salt to taste, and moisten with milk to a thick paste. Drop from a spoon into deep fat and fry.

CORN CAKE (SOFT)

1 qt. milk
5 eggs
1/2 cup sugar
Butter the size of an egg
2 tsp. baking powder
1/4 tsp. salt
1 pt. meal

Mix dry ingredients and add butter and milk. Makes 2 shallow pans, and is of thin consistency.

GOLDEN CORN CAKE

3/4 cup R. I. corn meal
1 cup flour
1/3 cup sugar
3 tsp. baking powder
3/4 tsp. salt
1 cup milk
1 egg, well beaten
2 t. shortening, melted

Mix and sift dry ingredients; add milk, egg and shortening; bake in shallow buttered pan 20 min. in hot oven (425° F.) For shortening, butter, chicken fat, or beef drippings may be used.

CORN MEAL MUFFINS

2 cups flour, 2/3 cup corn meal, 1/2 cup sugar, 2 tps. cream of tartar, 1/2 cup butter or other shortening, 1/4 tps. salt, 1 tps. soda, 2 eggs, 1 cup milk.

Bake in moderate oven. Mix and sift dry ingredients. Cut in shortening and add liquid 1/2 at a time. Barely mix ingredients and do not beat.

RICE AND INDIAN BREAD

1 cup cold boiled rice
2 cups Indian meal
3 eggs
1 pint milk
2 tbsp. melted butter
1/2 tsp. salt
2 tsp. baking powder

Beat eggs very lightly, add milk, meal, rice, melted butter, salt, baking powder and 1/2 cup milk additional. Beat hard; bake in shallow greased pan in hot oven.

PARKER HOUSE CORN ROLLS

1 1/4 cup flour
3/ 4 cup R. I. Johnny Cake Meal
1 tsp. baking powder
1/2 tsp. salt
1 tbsp. sugar
2 tbsp. butter
1 egg
1/2 cup milk

Roll like biscuit 1/2" thick, cut with biscuit cutter, put bit of butter in center of each and fold. Brush tops with milk and bake 15 min. in a 400° oven.

CORN MEAL PANCAKES

1/2 pt. flour
1/2 pt. milk
1/2 cup Indian Meal
2 eggs
1/2 tsp. soda
1 tsp. cream tartar
1/2 tsp. salt
Rye meal to make thick
2 tbsp. molasses
2 tbsp. sugar

Mix quite thickly. Drop by spoonfuls into hot fat.

CRISP WAFFLES

2 eggs, well beaten. Add 2 cups milk, beat well. Sift and add to first mixture, 2 cups flour, 1/2 t. salt, 4 T. cornmeal, 4 t. baking powder, 6 T. butter.
Yield: 10 waffles.

CORN STICKS

1 egg beaten
1 cup sour milk
1 1/2 tbsp. melted shortening
1/2 tps. sugar
1/2 tps. salt
3/4 cup cornmeal
3/8 cup flour
1 1/2 tps. baking powder
1/2 tps. baking soda

1 - Beat egg, add milk, sugar, and melted fat.
2 - Sift cornmeal, flour, baking powder, soda, and salt.
3 - Combine with first mixture, pour into greased molds and bake at 400° for 20 - 30 minutes.

CORN MEAL HASTY PUDDING

3/4 cup meal sifted into 1 qt. heated milk. Add 2 1/2 tsp. salt, 3 tbsp. sugar or 1/3 cup molasses. Turn into a buttered pudding dish. Set into pan of hot water and bake 2 1/2 - 3 hours. Stir twice while baking.

BRAISED SHANKS WITH CORNMEAL DUMPLINGS

5 lbs. cross cut shank slices of beef
Flour
3 tablespoons lard
1/2 cup cornmeal
1/2 cup flour
1 level teaspoon baking powder
1/2 teaspoon salt
1 egg
1/4 cup milk

1) Dredge shank slices with flour and season with salt and pepper; brown in hot fat.
2) Add 1 cup water, and allow to simmer for about two hours or until done. Add additional water as needed.
3) Beat egg well, and add to it the milk.
4) Sift flour, baking powder, and salt together, and mix with cornmeal.
5) Add egg and milk to dry ingredients and drop by the tablespoon on the meat fifteen minutes before serving. Cover tightly, and cook for 12 to 15 minutes. Serve immediately.

INDIAN MEAL PUDDING

Into one quart boiling milk, stir 7 tbsp. Indian meal or Johnny Cake Meal, then remove from stove, cool a little and add 1 egg beaten well, 1/2 tsp. ginger, 1/8 tsp. salt and 2/ 3 cup molasses. Mix well, pour in baking dish and bake 1 hour.

INDIAN MEAL DUMPLING

1 cup R. I. Meal
1/2 tsp. salt

Scald meal with boiling water until meal is of a thick consistency. Tie dumpling in cloth. Set in kettle with a rack. Pour 2 cups water (boiling hot) in bottom of kettle and steam for 1 hour. If water boils off, add more. Serves about 6. people.

INDIAN GRUEL

One quart of boiling water thickened with three tablespoonfuls of Indian meal, one teaspoonful of salt; boil it and skim it till it is clear; add a little loaf sugar and nutmeg. (From the New England Economical Housekeeper and Family Receipt Book, published 1846).

INDIAN PUDDING

One pint skim milk scalded; while hot stir in slowly and smoothly, two cups of Indian meal, add a little salt, a teaspoonful cinnamon and 1/2 cup molasses and 1/2 cup sugar. Stir well. Now add a quart of cold skim milk and mix lightly as possible. Your finished product will be fragrant, rich, golden, trembling in its sweet jellied whey. Now add the last touch. Bake slowly for two hours. When you serve it, put a heaping spoonful of nice apple sauce flavored with nutmeg over the top and if you wish whipped cream.

INDIAN PUDDING

Scald 3 cups milk: Mix together 3 tbsp. Indian Meal and 1/3 cup molasses. Stir into hot milk and cook until it thickens. Stir constantly to prevent scorching. Remove from fire and add: 1/2 cup sugar, 1 egg - beaten, Butter - size of walnut, 1/4 tsp. salt, 1/2 tsp. ginger, 1/2 tsp. cinnamon. Mix thoroughly, pour into buttered baking dish and put into a 300° oven. In 1/2 hour pour over it 1 cup milk and continue baking for 2 hours. Serves eight

SCRAPPLE

5 lbs. bony pieces of pork and 3 quarts of water.

Simmer the above until meat falls from bone. Remove meat from bone. Bring remaining broth to boiling point, adding enough water to make 2 cups. Then slowly add: 2 cups corn meal and cook until a thick mush. Chop meat, add salt, pepper, and juice of 1 onion. Cook for 2 minutes. Pour cooked mixture into a dampened oblong pan. Let stand until cold and firm, then slice and brown in hot skillet.

Note: Can be made with beef, pork or veal -- with corn or wheat cereal.

BROWN BREAD

Add to dry ingredients 1 cup molasses and 2 cups of sour milk. Sift together 1 cup of corn meal, 2 cups flour, 1 1/4 tsp. soda, 1 tsp. salt, and 1 cup of bran. Add to the dry ingredients, 1 cup raisins, small preferably. Add last, 1 egg and put in kettles to steam 5 hours.

BROWN BREAD

"An old recipe that has been handed down."

1 heaping cup Indian meal
1 " " flour
1 tsp. soda
1 heaping cup Rye meal
1 tsp. salt
5/8 cup molasses
2 cup sweet milk
2 tbsp. cream

Mix all together and steam 3 hours.

HULLED CORN

Place 1 qt. of R. I. Indian Corn into an
and 2 qts. cold water. Mix together.
slip off easily. Stir and add water

Drain off water and remove hulls.
to cover and let boil slowly until

Hulled corn may be served with mil
it may be fried.