



Nora Mill Granary
 7107 South Main Street
 Helen, GA 30545

706-878-2375
 noramill.com

Fine Ground Self-Rising Cornmeal Recipes

Nora Mill Fine Ground Self-Rising Cornmeal Mix

White and Yellow

Easy Cornbread • Squash Dressing • Basic Cornbread • Crab Cake Hushuppies

• Fine Ground •
**Self Rising
 Cornmeal**
 (White or Yellow)

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Easy Cornbread

• A Nora Mill Favorite •

2 eggs (beaten)	1 C. (8 oz.) sour cream
1/4 C. vegetable oil	1 C. Nora Mill Fine Self-Rising Cornmeal
1/2 C. creamed corn	

Preheat oven to 400° F. Combine first four ingredients in a medium bowl and mix well. Add cornmeal and mix until completely blended. Pour into a well-greased 9" cast iron skillet or 8x8 baking pan and bake for 25-30 minutes. *Can also be baked in muffin tins or cornstick pan.
Makes 9 servings.

Squash Dressing

1 recipe "Basic Cornbread" or "Easy Cornbread"	1/2 C. butter, cubed
1/2 C. water	1 can (10 3/4 oz.) cream of chicken soup
4 C. chopped yellow or summer squash	1 C. milk
1/2 C. each chopped onion and celery	1 tsp. salt
	1/2 tsp. pepper

Prepare cornbread according to recipe and let cool. In a large saucepan bring 1/2 cup of water to a boil. Add squash; cook, covered for 3-5 minutes or until crisp-tender. Drain. In a large skillet, sauté the onion and celery in butter until tender. Stir in crumbled cornbread and cooked squash. In a small bowl, combine soup, milk, salt and pepper; add to squash mixture. Transfer to a greased 11" or 7" baking dish. Bake, uncovered, at 350° F for 40-45 minutes or until golden brown.
Makes 8 servings.





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Fine Ground Self-Rising Cornmeal Recipes (continued)

Basic Cornbread

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|----------------------------------|--------------------------|
| Nora Mill Fine | (shake before measuring) |
| 2 C. Self-Rising Cornmeal | 1 egg, beaten |
| 1-2 T. sugar (optional) | 1/4 C. shortening or |
| 1 2/3 C. buttermilk | vegetable oil |

In a medium bowl, mix cornmeal with buttermilk and egg. Add the melted shortening or oil. Pour into a greased 9" cast iron skillet or 8x8 baking dish. Bake for 30 minutes at 425° F.

Crab Cake Hushpuppies

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|---|--|
| 1 C. Nora Mill Fine Self-Rising Cornmeal | 1/4 tsp. salt (or 1 tsp. Old Bay Seasoning) |
| 1/2 C. self-Rising flour | 8 oz. fresh lump crabmeat (check carefully for shells) |
| 3 green onions, thinly sliced | 1 large egg, beaten |
| 1/2 C. finely chopped red bell pepper | 3/4 C. beer |
| 1 T. sugar | vegetable oil |

Stir together cornmeal, flour, green onions, bell pepper, sugar and salt in a large bowl. Stir in egg and beer until just moistened, and then gently fold in crabmeat. Let stand 10 minutes. Pour oil to depth of 2 inches in a Dutch oven; heat to 360° F. Drop batter by tablespoonfuls into hot oil, and fry, in batches, 2 to 3 minutes or until golden brown, turning once. Serve with your favorite rémoulade or cocktail sauce.

Crockpot Chicken & Dressing

- 4 chicken breasts, cooked and shredded
- 2 recipes "Basic Cornbread" or "Easy Cornbread"
- 2 C. dried bread cubes
- 1 T. sage
- 1 medium onion, chopped
- 2 eggs, hard boiled and chopped (optional)
- 2 cans cream of chicken soup (divided)
- 1 stick butter, melted
- 4 C. chicken broth or stock (2 cans = 4 cups)

Dressing: Prepare cornbread according to recipe and let cool. Mix together crumbled cornbread, dried bread, sage, onion, hard boiled eggs (optional), one can cream of chicken soup, melted butter and chicken broth in a big bowl.

Preparation: Make a layer of half the remaining can of cream of chicken soup in the bottom of a large crock pot. Top with 1/3 of the dressing. Top dressing with half of the chicken. Top with 1/3 dressing, remaining chicken and remaining dressing. Spread other half of cream of chicken soup over top. Cover and cook on low for 3-4 hours. Serve hot.

INGREDIENTS: White or yellow corn, salt, monocalcium phosphate and sodium bicarbonate.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

