



**Nora Mill Granary**  
 7107 South Main Street  
 Helen, GA 30545

706-878-2375  
 noramill.com

## Nora Mill Course Stone Ground Plain Cornmeal • White or Yellow

Thin JohnnyCakes • Easy Cornbread • Southern Cornbread

• COARSE GROUND •  
**Plain  
 Cornmeal**  
 White or Yellow

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**Shop online @ [www.noramill.com](http://www.noramill.com)**

### **EASY CORNBREAD**

• A Nora Mill Favorite •

1 c. NORA MILL Plain Cornmeal	2 eggs (beaten)
1/2 tsp. baking soda	1/4 c. vegetable oil
1/2 tsp. salt	1 c. sour cream
1/2 tsp. baking powder	1/2 c. creamed corn

Preheat oven to 400° F. Stir NORA MILL Plain Cornmeal with other dry ingredients. Combine beaten eggs, vegetable oil, sour cream and creamed corn. Add mixture to dry ingredients. Bake in a well-greased iron skillet or muffin pan for 25-30 minutes.

### **SOUTHERN CORNBREAD**

1 1/2 c. NORA MILL Plain Cornmeal	1 c. buttermilk
1/2 tsp. baking soda	1/4 c. vegetable oil
1 tsp. salt	1 egg

Preheat oven to 400° F. Stir together NORA MILL Cornmeal with baking soda and salt. Combine buttermilk, vegetable oil and egg. Mix dry and liquid ingredients. Bake in a well-greased iron skillet or muffin pan for 25-30 minutes.







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## Nora Mill Course Stone Ground Plain Cornmeal • White or Yellow (continued)

### Aunt Else's MEXICAN CORNBREAD

- |                                   |                           |
|-----------------------------------|---------------------------|
| 2-1/2 c. NORA MILL Plain Cornmeal | 1-17 oz. can creamed corn |
| 1 tsp. baking soda                | 2 medium onions (chopped) |
| 2 tsp. salt                       | 2/3 c. vegetable oil      |
| 2 tsp. baking powder              | 2 eggs                    |
| 2-3 jalapeño peppers (diced)      |                           |

Preheat oven to 450° F. Combine NORA MILL Plain Cornmeal with other ingredients. Mix well. Bake in a well-greased iron skillet or muffin pan for 25-30 minutes.

### CORN SYRUP CORNSTICKS

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1-1/4 c. NORA MILL Plain Cornmeal | 1 c. buttermilk       |
| 1/4 t. baking soda                | 4 T. vegetable oil    |
| 1/4 t. salt                       | 4 T. light corn syrup |

Heat greased iron cornstick molds in 400° F. oven until hot. Combine NORA MILL Cornmeal with baking soda and salt. Mix well. Stir in vegetable oil. Add buttermilk and syrup and stir well. Bake for 25-30 minutes or until golden brown.

### THIN JOHNNYCAKES

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 c. NORA MILL Plain Cornmeal | 1 egg (at room temperature)       |
| 1 tsp. sugar                  | 1/2 c. milk (at room temperature) |
| 3/4 tsp. salt                 | Vegetable oil for griddle         |
| 1 c. boiling water            |                                   |

Combine NORA MILL Plain Cornmeal, sugar and salt. Add water; stir until smooth. Let stand 2 minutes. Beat egg and milk together; stir into cornmeal mixture and blend well.

Heat a lightly oiled griddle to hot but not smoking. Drop batter by heaping tablespoonfuls onto hot griddle. Cook 2-3 minutes until bubbles appear on tops of each cake. Turn and cook 2 minutes more until bottoms are browned. *Makes 20 servings.*

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



**INGREDIENTS:** 100% pure stone ground corn (either white or yellow), with no additives or preservatives.

