

Nora Mill Granary

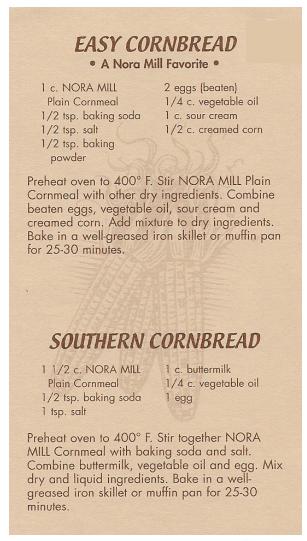
7107 South Main Street Helen, GA 30545

> 706-878-2375 noramill.com

Nora Mill Course Stone Ground Plain Cornmeal • White or Yellow

Thin JohnnyCakes • Easy Cornbread • Southern Cornbread









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

Aunt Elese's MEXICAN CORNBREAD

2-1/2 c. NORA MILL Plain Cornmeal

1-17 oz. can

1 tsp. baking soda

creamed corn

2 tsp. salt

2 medium onions

2 tsp. baking powder

(chopped)

2-3 jalapeño peppers

2/3 c. vegetable oil

(diced)

2 eggs

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

Plain Cornmeal

1/4 t. baking soda

1/4 t. salt

4 T. vegetable oil

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 3/4 tsp. salt 1 c. boiling water

1/2 c. milk (at room temperature) Vegetable oil for

griddle

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.

