

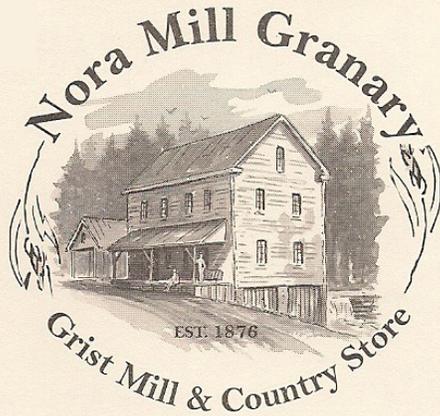


Nora Mill Granary
7107 South Main Street
Helen, GA 30545

706-878-2375
noramill.com

Plain All Purpose Fine Ground Cornmeal Nora Mill Fine Ground Cornmeal

Southern Cornbread • Fine Hoe Cakes • Cornmeal Muffins • Fish Batter



Plain/All Purpose Fine Ground Cornmeal White or Yellow

7107 South Main Street
Helen, Georgia 30545
706-878-2375

Shop online @ www.noramill.com

Cornmeal Mayonnaise Muffins

2 Cups Nora Mill Fine Ground Cornmeal
1 tsp. baking powder
1 tsp. salt
1 egg
1 T. mayonnaise
1 ½ Cups milk

Sift cornmeal, baking powder and salt into a mixing bowl. Add egg, mayonnaise and milk; mix well. Spoon batter into lightly greased muffin tins, filling 2/3 full. Bake at 400° for 20 - 25 minutes.

Makes 12 muffins.

Southern Cornbread

1 ½ Cups Nora Mill Fine Ground Cornmeal
3 T. all-purpose flour
1 ½ tsp. baking powder
1 tsp. salt
1 ½ Cups milk
1 beaten egg
2 T. shortening

Preheat oven to 425°. In a mixing bowl, combine cornmeal, flour, baking powder and salt. Add milk, eggs and shortening to cornmeal mixture; mix well. Melt shortening in a 9" cast iron skillet. Pour batter into hot skillet; bake for 25 minutes.

Makes 9 servings.

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Nora Mill Fine Ground Cornmeal (continued)

Baked Parmesan Catfish

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| 6 Catfish fillets | ½ tsp. salt |
| 3 T. butter | ½ tsp. pepper |
| ¾ Cup Parmesan
cheese (grated) | ½ tsp. garlic powder |
| ¼ Cup all-purpose flour | 1 tsp. paprika |
| ½ Cup Nora Mill
Fine Cornmeal | 1 egg |
| | 1 T. milk |

Preheat oven to 400° F. Melt butter in bottom of casserole dish. Mix cheese, flour, cornmeal and spices in a shallow bowl. In a small bowl, beat egg with milk. Dip catfish in egg mixture then dredge in the cornmeal mixture. Place fillets in casserole dish turning once to coat with butter. Put remaining cheese mixture on top and pour more butter on top. Bake for 15 minutes or until fish flakes.

Makes 6 servings.

Fine Cornmeal Hoe Cakes

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|--|--------------------|
| 1 ½ Cups Nora Mill
Fine Ground Cornmeal | 1 Cup buttermilk |
| ¼ tsp. baking soda | ¼ Cup water |
| ½ tsp. baking powder | 4 beaten eggs |
| ½ tsp. salt | 4 T. melted butter |
| | Vegetable oil |

Sift together cornmeal, baking soda, baking powder and salt. Add buttermilk and water; stir to combine. Add eggs and mix well; stir in butter. Heat a lightly oiled griddle to hot, but not smoking. Drop batter by tablespoonfuls onto hot griddle. Cook about 3 minutes on each side until golden.

Makes 8 servings.

Polenta with Peas and Parmesan

- 2 ½ Cups chicken stock
- 1 Cup Nora Mill Fine Ground Cornmeal
- 1 Cup frozen peas, thawed
- Salt to taste

In a deep, heavy-bottom saucepan, bring chicken stock to a boil. Turn to low heat, and gradually add cornmeal while stirring constantly. Stir until polenta is soft and thick, about 15 - 20 minutes. Remove from heat and add thawed frozen peas and grated Parmesan cheese. Add salt to taste.

Serves 4 to 6.

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

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

