

SINCE 1889

Pearl Milling

COMPANY



COUNTRY CORN
BREAD DRESSING

- 1 cup chopped celery
1 cup chopped onion
1/2 cup (1 stick) margarine or butter
1 pan corn bread, cooled, crumbled (about 6 cups)*
One 13-3/4-ounce can chicken broth
1 egg, beaten
2 teaspoons poultry seasoning
1 to 1-1/2 teaspoons ground sage
1/4 teaspoon salt (optional)
1/8 teaspoon black pepper

Heat oven to 350F. Saute celery and onion in margarine until tender. Combine celery mixture and remaining ingredients. Toss lightly until bread is thoroughly moistened. Place in 8-inch square baking dish or 1-1/2-quart casserole. Bake 40 to 45 minutes or until heated through. Or, lightly stuff dressing into body and neck cavities of one 12-pound turkey; roast according to standard roasting directions. **6 Cups**

*Dressing can be prepared using 1/2 pan crumbled corn bread (about 3 cups) and 3 cups soft bread cubes.



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SELF-RISING WHITE
CORN MEAL
MIX

Flour, salt & baking powder already blended in.



NET WT 80 OZ (5 LB) 2.26 kg

90 CALORIES

0g SAT FAT 10% DV

240mg SODIUM 10% DV

0g ADDED SUGARS 0% DV

PER SERVING
ENLARGED IMAGE

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Nutrition Facts

About 90 servings per container

Serving size 3 tablespoons (25g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 240mg

10%

Total Carbohydrate 19g

7%

Dietary Fiber 0g

2%

Total Sugars 0g

Includes 0g Added Sugars

0%

Protein 2g

Vitamin D 0mcg

0%

Calcium 70mg

4%

Iron 1.2mg

6%

Potassium 20mg

0%

Thiamin 0.12mg

10%

Riboflavin 0.08mg

6%

Niacin 1.6mg

10%

Folate 80mcg DFE (47mcg Folic Acid)

20%


*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched bolted white corn meal (bolted white corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), enriched bleached flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), leavening (monocalcium phosphate, baking soda), salt.

CONTAINS WHEAT INGREDIENTS.
MAY CONTAIN TRACES OF MILK.


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THE QUAKER OATS COMPANY
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CHICAGO, IL 60604-9003, U.S.A.

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CORN BREAD

3 tablespoons vegetable shortening
2 cups PEARL MILLING COMPANY® Self-Rising White Corn Meal Mix


1 to 2 tablespoons sugar (optional)
1-1/2 cups milk
1 egg, beaten

Heat oven to 425F. Heat vegetable shortening in 10-inch oven-proof skillet or 8 or 9-inch square baking pan in oven 3 minutes; tilt skillet to coat bottom evenly. Combine dry ingredients. Add milk and egg; mix until blended. Add melted shortening; mix well. Pour into hot skillet; bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. **9 to 10 servings**

VARIATIONS: Muffins or Corn Sticks. Pour batter into 12 greased or paper-lined medium muffin cups or 21 hot well-greased corn stick pans. Bake 15 to 20 minutes or until golden brown.

Buttermilk Corn Bread. Add 1/2 teaspoon baking soda to dry ingredients. Substitute buttermilk for milk.

Tex-Mex Corn Bread. Stir one 8-ounce can whole kernel corn, drained, and one 4-ounce can chopped green chilies, drained, into batter. Bake 25 to 30 minutes or until wooden pick inserted in center comes out clean. Remove from oven; top with 1/2 cup (2 ounces) shredded cheddar or Monterey Jack cheese.



SEASONED CORN MEAL COATING

(For Fish or Chicken)
2/3 cup PEARL MILLING COMPANY® Self-Rising White Corn Meal Mix
1 teaspoon paprika
1/2 teaspoon black pepper

1/4 teaspoon garlic powder
1/4 teaspoon salt (optional)
1/4 cup milk or water

For Pan Fried Fish: Combine dry ingredients in mixing bowl. Coat 1-pound fish filets in dry ingredients. Dip in milk; coat again in dry ingredients. Heat 2 to 3 tablespoons vegetable oil in large skillet over medium heat. Fry 2 to 3 minutes per side or until fish flakes easily with fork. **4 servings**

For Oven Fried Chicken: Pre-heat oven to 375F. Combine dry ingredients in mixing bowl. Dip 2-1/2 pound cut-up broiler/fryer chicken in milk and then into dry ingredients. Place chicken, skin side up, on 15x10-inch jelly roll pan; lightly brush with 3 tablespoons melted margarine or butter. Bake 50 to 55 minutes or until juices run clear when chicken is pierced with fork. **6 servings**

SAFE HANDLING INSTRUCTIONS: This product is made with raw corn and flour so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from bacteria in the corn and flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling.

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