

SINCE 1889

Pearl Milling

COMPANY

Corn Meal Mush

6 SERVINGS

1 cup Pearl Milling Company™ Enriched Yellow Corn Meal

1 cup cold water

3 cups warm water

1 teaspoon salt

1. In large saucepan, bring 3 cups warm water and salt to a boil.

2. In small bowl, mix corn meal with cold water.

3. Gradually stir corn meal mixture into salted boiling water. Cook 5 minutes, stirring constantly.

4. Cover, and continue cooking on low heat 10 minutes, stirring occasionally.

5. Serve hot with milk and sugar.

TIP: * To make buttermilk from regular milk, place 2 tablespoons vinegar OR lemon juice in 2-cup liquid measuring cup. Add milk to make 2 cups; stir. Let stand 5 minutes before using.

VARIATION:

Fried Mush: Prepare Corn Meal Mush as directed. Pour cooked corn meal into loaf pan. Refrigerate 2 to 3 hours or until firm. Remove from pan and cut into 1/4-inch slices. Roll in flour and pan-fry in a small amount of drippings until golden brown on both sides. Serve hot with Pearl Milling Company™ syrup.

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

We're here to help. pearlmillingcompany.com or 800.694.7487

Please have package available when calling.

UPC PURCHASE SEAL

PEARL MILLING YELLOW CORN MEAL (MUSH)

0 30000 57376 1

304-2-L03-19

SINCE 1889

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YELLOW

CORN MEAL

ENRICHED-DEGERMINATED

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SERVING SUGGESTION ENLARGED IMAGE

NET WT 80 OZ (5 LB) 2.26 kg

90 CALORIES

0g SAT FAT 0% DV

0mg SODIUM 0% DV

0g ADDED SUGARS 0% DV

per serving

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Nutrition Facts

About 84 servings per container

Serving size 3 Tablespoons (27g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 8%

Dietary Fiber 1g 4%

Total Sugars 0g

Protein 2g

Iron 1mg 4%

Thiamin 0.1mg 10%

Riboflavin 0.1mg 6%

Niacin 1.3mg 8%

Folate 60mcg DFE (42mcg Folic Acid) 15%

Not a significant source of added sugars, vitamin D, calcium, and potassium.

* 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: Degerminated yellow corn meal, niacin*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*.

*One of the B vitamins

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SINCE 1889

Pearl Milling

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Golden Corn Bread

ABOUT 9 SERVINGS

1 cup Pearl Milling Company™ Enriched Yellow Corn Meal

1/2 teaspoon salt

1 cup all-purpose flour

1 cup milk

4 tablespoons sugar

1 egg

4 teaspoons baking powder

1/4 cup vegetable oil

Preheat oven to 425°F. In large bowl, combine corn meal, flour, sugar, baking powder and salt. Add milk, egg and oil. Beat until fairly smooth, about 1 minute. Bake in greased or sprayed 8-inch square baking pan 20 to 23 minutes or until wooden pick inserted in center comes out clean.

VARIATIONS:

Muffins or Corn Sticks: Pour corn bread batter into greased or paper-lined muffin cups OR hot well-greased corn stick pans. Bake in preheated 425°F oven 15 to 18 minutes. Yield: 12 muffins or about 14 corn sticks.

Tex-Mex Corn Bread: Stir 1 cup whole kernel corn, 2 tablespoons chopped green chilies and 1/2 teaspoon chili powder into batter. Bake in greased or sprayed 8-inch square pan in preheated 425°F oven 22 to 25 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

6 SERVINGS FOR CHICKEN 4 SERVINGS FOR FISH

1/3 cup Pearl Milling Company™ Enriched Yellow Corn Meal

1/2 teaspoon salt (optional)

1/3 cup all-purpose flour

1/4 teaspoon garlic powder

1 teaspoon paprika

1/4 cup milk or water

1/2 teaspoon black pepper

For Oven Fried Chicken: Heat oven to 375°F. Dip 2-1/2 to 3-pound cut-up broiler-fryer chicken in milk. Coat in combined 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.

For Pan Fried Fish: Coat 1-pound fresh or frozen fish fillets, thawed, in combined 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.

Hush Puppies

2 DOZEN COUNT

Vegetable oil

3/4 cup milk

1-1/2 cups Pearl Milling Company™ Enriched Yellow Corn Meal

1/2 cup finely chopped onion

1/2 cup all-purpose flour

1 egg, beaten

2 teaspoons baking powder

Heat 2-inch deep oil to 375°F. Combine remaining ingredients; mix well. Drop by rounded teaspoonsfuls into hot oil, frying a few at a time about 3 minutes or until golden brown. Drain on paper towels.

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