

SINCE 1889

Pearl Milling™

COMPANY

Corn Meal Mush

6 SERVINGS

1 cup Pearl Milling Company™ Enriched White 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 5 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 WHITE CORN MEAL MIX-S

0 30000 57439 3

304-1-L03-19

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WHITE 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 1% DV

0g ADDED SUGARS 0% DV

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Nutrition Facts

About 76 servings per container

Serving size 3 Tablespoons (27g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0.5g 1%

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 1.2mg 6%

Thiamin 0.1mg 10%

Riboflavin 0.1mg 6%

Niacin 1mg 6%

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 white corn meal, niacin*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*.

*One of the B vitamins

DISTRIBUTED BY THE QUAKER OATS COMPANY

P.O. BOX 049003 CHICAGO, IL 60604-9003, U.S.A.

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Dixie Corn Bread

8 SERVINGS

2 tablespoons vegetable shortening or drippings

1/2 cups Pearl Milling Company™ Enriched White Corn Meal

3 tablespoons all-purpose flour

1 teaspoon salt

1 teaspoon baking soda

2 cups buttermilk*

1 egg

Preheat oven to 450°F. Place shortening in 9-inch skillet with ovenproof handle or 8-inch square baking pan. Place in oven about 3 minutes. Skillet will be very hot when shortening is melted. While skillet is heating, in large bowl combine corn meal, flour, salt and baking soda; add buttermilk and egg, mixing well. Pour batter into hot prepared skillet. Bake 22 to 25 minutes or until surface cracks and edges are light golden brown and pull away from side of pan. Serve hot with butter.

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.

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

1/2 cup Pearl Milling Company™ Enriched White Corn Meal

1/3 cup all-purpose flour

1 teaspoon paprika

1/2 teaspoon black pepper

1/2 teaspoon salt (optional)

1/4 teaspoon garlic powder

1/4 cup milk or water

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 15 x10-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

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

1/2 cup all-purpose flour

2 teaspoons baking powder

3/4 cup milk

1/2 cup finely chopped onion

1 egg, beaten

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

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