

JOHNNY CAKES

1 cup yellow cornmeal
1 teaspoon cream of tartar
1 well-beaten egg
1 tablespoon melted, unsalted butter
¼ cup sugar

¼ teaspoon salt
1 tablespoon molasses
butter for greasing pan
½ teaspoon baking soda
1 cup buttermilk



Preheat oven to 425 degrees and lightly grease an 8" square baking dish or pan. In a large mixing bowl, sift all dry ingredients together. Add buttermilk, beaten egg, molasses, and melted butter to dry mixture. Mix until smooth. Pour into pan and bake 30 minutes. After removing from oven, turn upside down and remove from container. Let cool slightly.

Yield: 6-8 servings

INDIAN PUDDING

In the top of a double boiler placed over simmering heat, stir until thickened:

8 cups milk
4 tablespoons pearl tapioca, soaked in water until soft
8 tablespoons fine yellow cornmeal

Add and mix in:

1½ cups light molasses
½ cup sugar
1 teaspoon cinnamon
2 eggs, beaten
1 teaspoon ginger
1 teaspoon nutmeg

Turn into buttered baking dish. Cover and bake at 300 degrees for 2 hours. Serve warm.

Yield: 16 servings

CORN CHOWDER

½ cup bacon
¼ cup chopped onion
2 cups water
2 cups corn (drained)



½ cup chopped celery
1 cup raw, peeled & cubed potatoes
2 cups milk
bay leaf

Saute bacon until browned; add onion and celery and saute until cooked through. Add 2 cups water, potatoes, salt and bay leaf. Simmer. In a separate pan, heat flour and 1/2 cup milk until almost boiling. Add to potatoes when they're tender. Then add 1½ cups milk and corn. Heat through, but do not boil.

ZIPPY FRUIT PUNCH

- 1 - 46 oz can red Hawaiian Punch*
- 1 - 6 oz can frozen Minute Maid Lemonade concentrate*
- ½ cup water*
- 2 - 12 oz cans Shasta Orange Soda, chilled*

In large pitcher, stir together punch, lemonade and water. Chill, just before serving, add orange soda to punch mixture. Serve chilled.

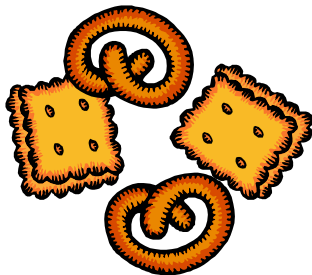
Yield: 15 – 16 ounce servings



SNACK MIX

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| <i>3 cups Corn Chex cereal</i> | <i>1 tablespoon Worcestershire sauce</i> |
| <i>2 cups toasted oat cereal</i> | <i>1 teaspoon garlic salt</i> |
| <i>1 cup Planters dry roasted peanuts</i> | <i>6 tablespoons corn oil margarine (melted)</i> |
| <i>2 cups Hiland pretzel sticks</i> | |

In a large bowl, combine Corn Chex, oat cereal, peanuts and pretzel sticks. Combine margarine, Worcestershire sauce and garlic salt. Pour margarine mixture over cereal mixture. Toss until evenly coated. Spread mixture in jelly roll pan. Bake in preheated 350 degree oven for 20 to 25 minutes, or until mixture is crisped. Stir 2 or 3 times during cooking process. Cool and store in covered containers.



Yield : 1 ½ to 2 quarts

MICROWAVE DIRECTIONS

In a large microwave safe bowl, combine Corn Chex, oat cereal, peanuts and pretzel sticks. Combine margarine, worchestershire sauce and garlic salt. Pour margarine mixture over cereal mixture. Toss until evenly coated. Heat on high power for 4 to 6 minutes, or until moisture is heated through. Stir halfway through cooking time. Cool and store in covered containers.

CINNAMON CORNMEAL COOKIES

1 ½ cups presifted all-purpose flour
½ cup cornmeal
1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon baking soda
¾ cup brown sugar
½ cup butter
1 egg
½ cup buttermilk
½ cup finely chopped walnuts
cooking oil spray



Preheat oven to 350 degrees. Combine the flour, cornmeal, baking powder, cinnamon, and baking soda in a medium-sized bowl. Set aside. In a large bowl, beat the brown sugar and butter until fluffy. Add the egg and beat until combined. Stir in the buttermilk, then the walnuts. Add the flour mixture and blend well. Use a teaspoon to drop the cookie dough 2 inches apart onto a baking sheet lightly sprayed with cooking oil. Bake for 10-12 minutes, remove from the oven, and place on a wire rack to cool.

Yield : 48 cookies

**Italicized items are made with corn products*

For more information about Kansas Corn contact:

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