

Indian Corn as a Substitute

In 1946 Americans are urged to use more corn meal as a substitute for wheat flour. One hundred years ago Iowans were advised to use corn meal as a substitute for potatoes. The March 24, 1847, issue of the *Iowa City Standard* contained a number of recipes for the use of corn meal. Although no explanation as to the reason for substituting corn products for potatoes was given, the fact that these recipes are credited to Elihu Burritt suggests that a movement was on foot to send aid to Ireland where the potato crop had failed. Burritt had been in Europe in 1846 and while there had helped to form a League of Universal Brotherhood.

Superior Johnny Cake

Take one pint of cream, half a pint of meal, two eggs, two table spoonfuls of wheat flour, half a teaspoonful of carbonate of soda, and salt to suit the taste. Bake it in a hot oven.

An Excellent Johnny Cake

Take one quart of milk, three eggs, one teaspoonful of carbonate of soda, one teacup of

wheat flour, and Indian meal sufficient to make a batter of the consistency of pancakes. Bake quick, in pans previously buttered, and eat it warm with butter or milk.

Batter Cakes

No. 1.— Prepare a thick batter by wetting sifted Indian meal with cold water, and then stirring it into that which is boiling. Salt, and while it is lukewarm, add yeast; when risen, bake in thin cakes over the fire.

No. 2.— Take some [sour] milk, correct its acidity with carbonate of soda, add salt and meal to make a thick batter and cook as before.

No. 3.— Stir a quart of boiling water into the same quantity of Indian meal, add a little salt and two eggs well beaten; cook as before.

Superior Boiled Pudding

To one quart of Indian meal, add three pints of hot milk, half a pint of molasses or treacle, a dessert spoonful of salt, an ounce or more of beef suet shred fine. Stir the materials well together, tie them in a cloth, allowing room for the pudding to swell one eighth larger, and boil it six or eight hours. The longer it boils the better.

Corn Muffins

Take one quart of buttermilk, three or four eggs well beaten, a small quantity of flour; mix them together, and then make it quite thick with corn meal; add a teaspoonful of melted butter, and salt to suit the taste; butter the pan in which it is baked.

Corn and Flour Bread

Prepare a thin batter by wetting sifted meal in cold water, and then stirring it into that which is boiling; salt, and when it is lukewarm, add yeast, and as much flour as there is common meal; bake in deep dishes in an oven when risen.

Yankee Brown Bread

To two quarts of corn meal, pour one quart of boiling water; stir yeast into two quarts of rye meal, and knead together with two quarts of luke warm water. Add if you choose, one gill of molasses or treacle.

Hasty Pudding

Put in three pints of water and a tablespoonful of salt, and when it begins to boil, stir in meal until it is thick enough for the table. Cook twenty or thirty minutes. Eaten with milk, butter or treacle.

Fried Hasty Pudding

Cut cold pudding in smooth slices, and fry brown in a little butter or pork fat.

Hasty Pudding Bread

Prepare hasty pudding as before; when lukewarm add yeast, and after rising, bake in a deep dish in a hot oven.