



Nora Mill Granary
 7107 South Main Street
 Helen, GA 30545

706-878-2375
 noramill.com

Self Rising Cornmeal Recipes Nora Mill Self Rising Cornmeal White and Yellow

Easy Cornbread • Southern Style & Mexican Cornbread • Corn Cakes • Corn Dogs

• Coarse Ground •
**Self Rising
 Cornmeal**
 (White or Yellow)

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Easy Cornbread

• A Nora Mill Favorite •

1 Cup Nora Mill Self Rising Cornmeal	1/4 Cup vegetable oil 1 Cup sour cream
2 eggs (beaten)	1/2 Cup creamed corn

Preheat oven to 400° F. Stir Nora Mill Self Rising Cornmeal with beaten eggs, vegetable oil, sour cream and creamed corn. Bake in a well-greased iron skillet or muffin pan for 25-30 minutes.
 *Optional: add 1 cup shredded cheddar cheese to batter. Bake as directed.

Simple Southern Style Cornbread

1 1/2 Cup Nora Mill Self Rising Cornmeal	1/4 Cup vegetable oil 1 egg
1 Cup buttermilk	

Preheat oven to 400° F. In a medium bowl, combine buttermilk, oil and egg. Add cornmeal and stir just until blended. Pour into a medium, well greased iron skillet and bake for 25-30 minutes or until done.





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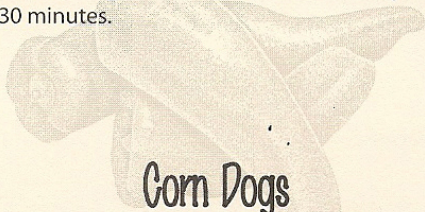
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Nora Mill Self Rising Cornmeal Recipes (continued)

Aunt Else's Mexican Cornbread

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|---|--------------------------------------|
| 2 1/2 Cup Nora Mill
Self Rising Cornmeal | 2 medium onions
(chopped) |
| 2-3 jalapeño peppers
(diced) | 2/3 Cup vegetable oil |
| 1-17 oz can creamed
corn | 2 eggs |
| | 8 oz pkg. cream cheese
(softened) |

Preheat oven to 450° F. Combine Nora Mill Self Rising Cornmeal with other ingredients. Mix well. Bake in a well-greased iron skillet or muffin pan for 25-30 minutes.



Corn Dogs

- | | |
|---|--------------------|
| 1 Cup Nora Mill
Self Rising Cornmeal | 2 T. vegetable oil |
| 1/2 tsp. pepper | Wooden Skewers |
| 1/2 Cup milk | 8-10 hot dogs |
| 1 egg (beaten) | Oil for frying |

In a mixing bowl combine Nora Mill Self Rising Cornmeal and pepper. Stir in milk, egg and oil. Insert a wooded skewer into the end of each hot dog. Dip into cornmeal mixture. Heat 2" oil to 375° F in a heavy skillet. Fry hot dogs, a few at a time, for 2-3 minutes until golden brown. Drain on paper towels.

Makes 8-10 servings.

Sweet Milk Corn Cakes

- 1 Cup Nora Mill Self Rising Cornmeal
- 1 egg (lightly beaten)
- 3/4 Cup milk
- 1 T. vegetable oil
- 1/2 tsp sugar
- Vegetable oil for griddle

Preheat a lightly oiled griddle to medium heat. In a bowl combine egg, milk, oil, Nora Mill Self Rising Cornmeal and sugar until well blended. For thinner batter, add a little more milk. Pour batter by quarter cupfuls onto hot griddle. Turn just once when cakes lose their gloss and bubbles begin to burst. Serve warm with plenty of butter and warm syrup.

Makes 6 servings.

INGREDIENTS: 100% pure stone ground corn (either white or yellow), salt, monocalcium phosphate (baking powder) and sodium bicarbonate (baking soda).

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

