

### Cornmeal-crusted Fish Fillets – Epicurious.com

½ cup cornmeal  
1 Tbsp. all-purpose flour  
1 tsp. paprika  
½ tsp. hot-pepper flakes  
2 egg whites, lightly beaten  
4 fish fillets (such as sole or flounder)  
2 tsp. corn oil  
Lemon wedges

Combine first 4 ingredients in a shallow bowl. Put egg whites in another shallow bowl. Dip each fish fillet in cornmeal mixture, then in egg whites, then again in cornmeal mixture. Place fillets on a plate; cover with plastic wrap and refrigerate 10 minutes. Heat oil in a large nonstick skillet. Add fillets and cook over medium-high heat, 2-3 minutes per side. Season to taste with salt and pepper. Serve with lemon wedges. Serves 4.

#### Variations in coating mix:

Variation #1: Mix together: 1/3 cup yellow cornmeal, 2 tsps. salt-free Cajun seasoning, and ½ tsp. salt.

Variation #2: Mix together: ¼ cup cornmeal, 2 Tblsps. paprika, 1 ½ tsps. seasoned salt and 1 tsp. pepper.

### Cornmeal-Encrusted Chicken with Salsa and Monterey Jack Cheese - Redbook Magazine

8 chicken breasts  
Salt and pepper, as needed  
2 cups all-purpose flour  
3 eggs  
2 cups yellow cornmeal  
½ tsp. paprika or red pepper flakes  
Vegetable oil, as needed  
Tomato Salsa, as needed (recipe follows)

Preheat oven to 350 degrees F. Trim the chicken breasts to remove any fat and blot dry. Season with salt and pepper. To dredge, place flour on plate, in a shallow bowl, or in a plastic bag. Season with salt and pepper. Individually, drag each chicken breast in the flour, turning to coat completely. Shake off any excess flour. Next dredge the chicken breasts in an egg wash (eggs beaten with a small amount of water). Turn to coat evenly. Transfer the chicken to a bowl or plate of cornmeal that has been seasoned with salt and pepper, and paprika. Sprinkle or pat to form an even coating on the food; shake off any excess. For best results, place the flour, egg wash, and cornmeal in separate containers and line in a row.

Heat enough oil in a large sauté pan to coat the bottom of the pan. Gently place the chicken into the pan and pan-fry until the crust is crisp and golden brown. Work in batches, if necessary. Transfer to a sheet pan and place into the oven to continue cooking, about 10 minutes. Note: The time will vary depending on the thickness of the cut.

Top with Tomato Salsa and Monterey Jack cheese. Continue cooking until the cheese melts, about 5 more minutes. Serve hot. Serves: 8

#### Tomato Salsa:

6 tomatoes, chopped  
4 scallions, thinly sliced  
½ onion, minced  
2 cloves garlic, minced  
2 Tblsps. chopped cilantro  
1 jalapeno, finely chopped  
1 ½ Tblsps. lemon juice  
Salt & pepper, to taste

Combine all ingredients in a large mixing bowl. Let the salsa rest for 15 minutes before serving to allow flavors to develop. Adjust seasoning with salt and pepper before serving, if necessary.

Note: For a gluten-free alternative, eliminate egg wash & flour. Instead of dredging, spread both sides of chicken breasts with 1 tsp. mustard per side. Season the chicken with salt, pepper and paprika, then coat with cornmeal. Proceed with cooking as directed above.

### Cornmeal and Herb Chicken Coating Mix – Taste of Home Magazine

1 cup dry bread crumbs  
1 cup powdered milk  
1 cup cornmeal  
1 cup all-purpose flour  
3 Tblsps. salt  
1 Tbsp. dried thyme  
1 Tbsp. pepper  
1 tsp. garlic salt  
1 tsp. celery salt  
1 tsp. onion salt  
1 tsp. dried oregano

Combine all ingredients. To use, place 1 cup mixture in a plastic bag; shake chicken pieces until coated. Place on a baking pan and bake at 350 degrees F. for 1 hour. Store unused mixture in an airtight container.

Yield: Recipe makes enough coating for three (2 ½-3 lbs.) chickens.

### Pat's Gluten Free Cornbread – Pat Cowley

1 cup yellow cornmeal  
1 cup white rice flour  
4 tsps. baking powder  
½ tsp. salt  
¼ cup sugar  
¼ tsp. xanthan gum  
1 cup milk, buttermilk, or soy milk  
1 egg  
¼ cup corn oil or melted shortening, cooled

Preheat oven to 425 degrees F. Combine dry ingredients. Add milk, eggs, and shortening. Beat well for 2 minutes. Bake in a greased and rice-floured 8x10-inch pan at 425 degrees F. for about 20 minutes. Check for doneness. May need to bake an additional 5 minutes.

#### Variations:

1. Add 1 cup cream-style corn and decrease milk by ¼ cup.
2. Add ½ cup finely chopped onion in the batter, with 1 cup grated cheddar cheese sprinkled over the top.
3. Add 1 tsp. dill weed and ¼ cup crisp, crumbled bacon in the batter.
4. Add 1 ½ Tblsps. caraway seeds, chopped green pepper or chopped green chilies in the batter.

Note 1: May double recipe, put in a 9x13-inch pan and bake for 30 minutes.  
Note 2: To save time, you may also make up a mix of the dry ingredients, then add the milk, egg, and corn oil when you're ready to cook.

### Vegetable Cornmeal Crepes – Foodreference.com

#### FILLING:

1 lb. cooked new potatoes, cut into ½-inch pieces  
1 cup mushrooms, sliced  
½ medium red pepper, chopped  
2 tsp. olive or vegetable oil  
2 small zucchini, coarsely shredded  
2 cups broccoli florets, steamed until crisp-tender  
3 Tbsp. grated Parmesan cheese  
2 tsp. finely chopped fresh (or ½ tsp. dried) thyme leaves  
1/8 tsp. salt  
¼ tsp. pepper  
6 Tblsps. sour cream

#### CREPES:

1 cup all-purpose flour  
1/3 cup yellow cornmeal  
1 Tbsp. sugar  
2 ½ tsp. baking powder  
3 Tbsp. grated Parmesan cheese  
1 ¼ cup milk  
2 Tblsps. melted margarine  
1 egg  
2 egg whites  
vegetable cooking spray

To make filling: In large skillet, sauté potatoes, mushrooms and pepper in oil until potatoes begin to brown, about 5 minutes. Stir in zucchini and broccoli; sauté until zucchini is tender, about 3 minutes. Stir in cheese, thyme, salt and pepper. Spoon vegetable mixture in center of crepes (about 1/3 cup per crepe). Roll crepes and place, seam-sides down, on plates. Garnish with dollops of sour cream.  
Serves 6 (2 crepes each).

To make crepes: In medium bowl, mix dry ingredients and cheese; stir in milk, margarine, egg and egg whites until smooth. Spray crepe pan or small skillet with cooking spray; heat over medium heat. Spoon 3 Tbsp. batter into skillet, rotating quickly so that batter covers bottom of pan in a thin layer. Cook over medium heat until light brown on the bottom. Loosen edges of crepe with spatula; turn and cook until other side is light brown. Stack crepes between waxed paper and cover loosely with clean kitchen towel. Makes 12-16 crepes.

### Flour-less Cornbread – Lisa Funk (Good for those allergic to wheat)

3 cups self-rising cornmeal  
(or 3 cups regular cornmeal plus 1 Tbsp. baking powder and 1 ½ tsp. salt)  
6 eggs  
1 ½ cups vegetable oil  
3 cups sour cream  
2 2/3 cups cream-style corn (almost 2 cans)

Bake at 375 degrees F. for 30 minutes. Check on it after 20 minutes.  
Note: Makes a bit more than a 9x13-inch pan. Put in larger pan or 2 pans.

## Cornmeal Empanadas – Taste of Home Quick Cooking

1 ½ lbs. ground beef  
1 ½ cups thick spaghetti sauce  
¼ cup raisins  
2 tsps. chili powder  
1 tsp. brown sugar

½ tsp. onion powder  
½ tsp. salt  
¼ tsp. garlic  
¼ tsp. ground cinnamon

**Cornmeal Pastry:** 3 cups all-purpose flour  
2/3 cup cornmeal  
1 tsp. salt  
1 cup shortening

½ cup ice water  
1 egg, beaten  
1 Tbsp. water  
Taco sauce (opt.)

In a large skillet, brown beef; drain. Stir in spaghetti sauce, raisins and seasonings. Simmer.

Meanwhile, for pastry, combine flour, cornmeal and salt in a large bowl. Cut in shortening until mixture resembles coarse crumbs. Add ice water, a little at a time, until dough forms a ball. Cover and let rest 10 minutes. Divide pastry into two balls; roll half out on a lightly floured surface to a 16-inch circle. Cut into four 7 ½-inch rounds. Place ½ cup filling on each round. Combine egg and water; brush on pastry edges. Fold dough over to form half-circles; crimp edges to seal. Repeat with other half of pastry and remaining filling. Place on greased baking sheets; brush tops with remaining egg mixture. Bake at 400 degrees F. for 25-30 minutes or until lightly browned. Serve with taco sauce if desired. Yield: 8 servings.

## Cornmeal and Sausage Layered Dinner

1 ½ lbs. Bob Evans Italian Sausage Roll (similar to Jimmy Dean's)  
1 cup chopped onions  
1 clove garlic, minced  
1 (16 oz.) can diced tomatoes, undrained  
1 (8 oz.) can tomato sauce  
1 Tbsp. chopped fresh basil (or 1 tsp. dried basil leaves)  
½ tsp. black pepper  
1 ½ cups yellow cornmeal  
¾ tsp. salt  
3 cups water  
1 cup grated Romano cheese

Preheat oven to 375 degrees F. Crumble and cook sausage in large skillet until browned. Remove sausage from skillet and reserve. Pour off all but 1 Tbsp. drippings. Add onions and garlic to skillet; cook until tender. Stir in tomatoes, tomato sauce, basil, pepper and sausage. Bring to a boil; reduce heat to low and simmer, uncovered, 25 minutes.

While sausage mixture is cooking, combine cornmeal, salt and water in medium saucepan. Bring to a boil, stirring constantly; cook and stir until thickened. Remove from heat; let cool slightly; Pour half of cornmeal mixture into greased 2 ½ quart casserole dish. Top with half of sausage mixture and sprinkle with cheese. Repeat with remaining cornmeal mixture, sausage mixture and cheese. Bake, uncovered, 30 minutes. Refrigerate leftovers. Serves 6.

## Blue Cheese & Ham Cornmeal Biscuits – Doyle House on the Lake

1 2/3 cups all-purpose flour  
1/3 cup yellow cornmeal  
½ tsp. baking soda  
5 tsps. baking powder  
Pinch cayenne pepper

3 Tblsps. butter, cut in small pieces  
1 Tbsp. chopped green onion  
2 oz. crumbled blue cheese  
2 oz. ground or chopped baked ham  
Buttermilk

Preheat oven to 450 degrees F. and grease baking sheet or spray with nonstick coating spray.

In a large mixing bowl, stir together flour, cornmeal, baking powder, baking soda and cayenne pepper. Add butter and blue cheese, cutting into flour until mixture resembles coarse crumbs. Only little pieces of butter should be visible. Stir in ham and green onions. Add buttermilk (enough to make the dough hold together, but still damp) to moisten thoroughly, but dough should still be able to handle. Turn out onto a floured board and knead two or three times and form into a circle. Pat or roll into ¾-inch thickness.

Using a 2-inch cutter, cut biscuits and place on prepared sheet. (I like to dip the tops into a pan of melted shortening before placing them on the sheet.) Bake for 12-14 minutes until browned and crusty.

## Fiery Cornmeal Chicken Strips – Tyson.com

1 lb. chicken breast tenders  
2 Tblsps. butter, melted  
2 tsps. hot pepper sauce  
1 tsp. cider vinegar

2/3 cup yellow cornmeal  
½ tsp. cayenne pepper  
½ tsp. salt

Preheat oven to 400 degrees F. Blend melted butter, hot pepper sauce and vinegar in a medium bowl. In a separate shallow dish, blend cornmeal, cayenne and salt. Add chicken to butter mixture; toss to coat evenly. Roll chicken in cornmeal to coat.

Place coated chicken on baking sheet. Bake 9-11 minutes or until internal temperature or chicken reaches 170 degrees F. Serve with ranch or bleu cheese dressing as a dipping sauce. Refrigerate leftovers.

## Fried Okra – AllRecipes.com

10 pods okra, sliced in ¼-inch pieces  
1 egg, beaten  
1 cup cornmeal  
Pinch cayenne (opt.)

¼ tsp. salt  
¼ tsp. pepper  
½ cup vegetable oil or  
bacon fat

In a small bowl, soak okra in egg for 5-10 minutes. In a medium bowl, combine cornmeal, salt, pepper, and cayenne (if desired). Heat oil or bacon fat in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden. Drain on paper towels.

## Hamburger Cornmeal Shepherd's Pie

½ cup finely chopped green pepper  
½ cup flour  
¾ cup yellow cornmeal  
¼ cup finely minced onion  
2 cup lean ground beef  
5 Tblsps. cooking oil, divided  
1 cup tomato sauce  
2 Tblsps. ketchup

2 tsps. salt, divided  
Dash lemon pepper  
1 tsp. chili powder  
1 Tbsp. sugar  
2 tsps. baking powder  
½ tsp. thyme  
1 egg  
½ cup milk

Preheat oven to 400 degrees F. Sauté pepper, onion and beef in 2 Tblsps. of oil in skillet, until beef is well-browned. Stir in tomato sauce, ketchup, 1 tsp. salt and lemon pepper. Add chili powder. Put into a 1 ½ quart casserole dish. Set aside.

Stir flour, cornmeal, sugar, baking powder, remaining salt and thyme together in a bowl. Add egg, milk and rest of oil. Stir until smooth.

Top beef mixture with cornmeal mixture and bake uncovered until the cornmeal is lightly brown and firm to the touch, about 1 hour. Loosen cornmeal with a knife around edges. Turn onto a serving place with top side down.

## Good Mornin' Oklahoma Brunch -1997 America's Best Recipes Cookbook

1 cup yellow cornmeal  
1/3 cup all-purpose flour  
1 tsp. baking powder  
¼ tsp. baking soda  
½ tsp. salt  
1 large egg, beaten  
1 cup buttermilk  
3 Tblsps. margarine  
3 Tblsps. all-purpose flour

2 cups milk  
¼ tsp. salt  
1/8 tsp. pepper  
½ cup mayonnaise  
6 hard-cooked large eggs, peeled and coarsely chopped  
½ cup cooked crumbled bacon  
½ cup chopped green onions  
½ cup shredded Cheddar cheese

Combine first 5 ingredients in a bowl; add beaten egg and buttermilk, stirring well. Pour batter into a greased 8-inch square pan. Bake at 400 degrees F. for 20 minutes or until golden. Cut warm cornbread into 9 squares. Keep warm.

Melt butter in a heavy saucepan over low heat; add 3 Tblsps. flour, stirring until smooth. Cook 2 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Stir in salt, pepper, mayonnaise, and chopped eggs.

To serve, place cornbread squares on individual serving plates. Spoon egg mixture evenly over cornbread. Sprinkle bacon, green onions, and cheese over egg mixture. Yield: 9 servings.