

SOUTHERN ON THE SIDE

NEW! Cornmeal Down Low

Cornmeal, with that nutty texture and faint sweet corn goodness! What's not to like? Stone-ground from dried 'field corn' kernels (vs. 'sweet corn' we love on the cob), this humble pantry staple is more versatile than most cooks realize. Beyond the skillet, cornmeal moonlights as a non-stick dusting for pizza peels and baking sheets, a crunchy coating for roasted vegetables, a natural thickener for soups and stews. BEt that bag sitting in the back of your pantry is doing far less work than it could be!



Hack #1 - Cornbread Mix Bliss

This brand needs no introduction, it's #1 in the world. What's out of this world is adding just two tablespoons of yellow cornmeal then prepare and bake according to the direction on the box. Well, three tablespoons if you rustle cows for a living. You won't regret it. The hacked result is a bite and 'mouthfeel' as they call it, that delivers on that cornbread promise. Make sure you have a few extra boxes of that mix on hand. Y'all are gonna want this a lot!

Hack #2 - Milk Run

Okay, what's the catch? How can there be any left over? Well, it happens. And what do Southerners **do** with that piece of leftover heaven? That ol' standby: **Cornbread and Milk!** Not much to it, just crumble up the leftovers into a tall glass, and pour in ice-cold milk. That's it. Eat with a tall spoon. A little sugar is *never* needed, but has been known to happen. This is one leftovers that produces no leftovers!



Hack #3 - 'BOGO'

Here are **two** more options for cornmeal for the price of one: mush and cakes! Mush, a traditional native American *and* Southern dish, couldn't be easier: 1 1/4 cup cornmeal and 2 1/2 cup water and a dash of salt in a bowl. Microwave 2 minutes on half-power to start, go from there until thickened. Add honey, sugar, and a bit of cream to taste. **YUM!**

The 'BOGO' part: with the leftover mush, form into patties and fry the next day. Serve with butter and syrup! OR, add 2 tablespoons of bacon fat or oil, and fry up some crispy **Corn Pone!**



RECIPES, PHOTOS: EDITOR

