

Cooking with
WHOLEGRAINS

by Mildred Ellen Orton

THE *Basic* WHOLEGRAIN COOKBOOK

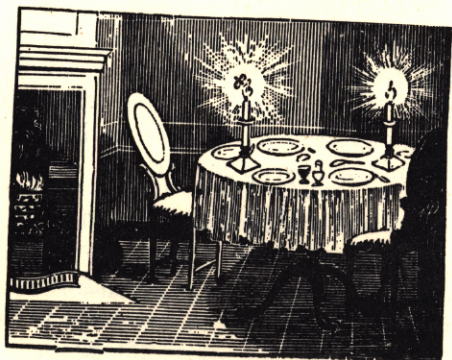


INTRODUCTION by VREST ORTON

How to Cook Breads, Rolls, Cakes, Scones,
Crackers, Muffins & Desserts, Using Only
STONEGROUND WHOLEGRAINS

NEW REVISED EDITION
WITH NEW RECIPES

Quick Breads, Steamed Breads & Doughnuts



Countryman's Corn Bread

(With sour milk or buttermilk)

1 CUP CORN MEAL
1 CUP WHEAT FLOUR
1 TEASPOON CREAM OF TARTAR
 $\frac{1}{2}$ TEASPOON SODA
2 TABLESPOONS BROWN SUGAR

$\frac{3}{4}$ TEASPOON SALT
1 CUP SOUR MILK OR BUTTERMILK
2 EGGS WELL BEATEN
3 TABLESPOONS MELTED SHORTENING

Beat the eggs. Add sour milk or buttermilk. Sift the wheat flour, measure, add all other dry ingredients and sift into the liquid. Add melted shortening, mix all together and beat for a second or two.

Pour into a greased 8 x 8 inch pan, or a pan $1\frac{1}{2}$ inches deep and bake about 20 minutes at 425° .

Corn Meal and Wheat Quick Bread

$\frac{3}{8}$ CUP CORN MEAL
 $\frac{3}{8}$ CUP WHEAT FLOUR
1 TEASPOON CREAM OF TARTAR
 $\frac{1}{2}$ TEASPOON SODA
1 CUP MILK

$\frac{3}{4}$ TEASPOON SALT
4 TABLESPOONS BROWN SUGAR
4 TABLESPOONS SHORTENING
1 EGG BEATEN

Cut the shortening into the combined dry ingredients with a pastry cutter. Add the egg and milk beaten together. Give a few quick beats with the spoon, pour into greased 8 x 8 inch pan and bake at 425° about 20 minutes.

Early American Hot Bread

$\frac{3}{8}$ CUP CORN MEAL
1 EGG
1 CUP MILK
2 TABLESPOONS MAPLE SYRUP OR HONEY

$\frac{3}{4}$ CUP WHEAT FLOUR
 $2\frac{1}{2}$ TEASPOONS BAKING POWDER
1 TEASPOON SALT
3 TABLESPOONS MELTED SHORTENING

Beat egg until light. Add milk and Vermont maple syrup. Mix together the dry ingredients, and sift into the liquid. Add melted shortening. Stir briskly and bake in 8 x 8 inch pan for 20 minutes at 425° . This hot bread is grand provender for growing kids to thrive on.

Southern Corn Bread

2 CUPS MILK
1 CUP CORN MEAL
1 TEASPOON SALT

2 TABLESPOONS BUTTER
2 EGGS, WELL BEATEN
1 TEASPOON BAKING POWDER

Scald corn meal and milk together. Add the butter. Beat with an egg beater until smooth, cool slightly, and add eggs, baking powder and salt. Bake in greased 8 x 8 inch pan 20 to 25 minutes at 425° .

Sugar must never be used in Southern corn bread. The natural sweetness of the corn is sufficient.

Corn Meal Waffles

1 CUP CORN MEAL	1 ½ CUPS MILK
1 CUP WHEAT FLOUR	¼ CUP MELTED SHORTENING
2 TEASPOONS BAKING POWDER	3 EGG YOLKS, WELL BEATEN
½ TEASPOON SALT	3 EGG WHITES, STIFFLY BEATEN
3 TABLESPOONS HONEY	

Sift wheat flour, measure, add corn meal, baking powder and salt and sift again. Add egg yolks combined with milk, honey, and shortening. Fold in egg whites. Bake on hot waffle iron and serve with Vermont maple syrup or honey.

Polenta

1 CUP CORN MEAL	¾ TEASPOON SALT
3 CUPS BOILING WATER	¼ POUND GRATED ROMA OR
1 EGG, WELL BEATEN	PROVOLONI CHEESE (ABOUT 1 CUP)

This grand old Italian dish is used widely in America by all races because it is so different.

Stir corn meal into salted water and cook until thick. Remove from fire. Add cheese, stirring until it is all melted, then add beaten egg. Drop by tablespoonfuls on cookie sheet. When cold, brown the cakes in butter on a hot griddle.

Serve plain with butter or with your favorite tomato sauce.

Roast Meat

Any cut of meat suitable for roasting may be rubbed with salt and pepper, and dredged with wheat flour. Pat on 1 teaspoon Worcestershire sauce with fingertips, sprinkle with a mixture of herbs, lay slices of onion over all and bake or pot-roast in the usual manner.

Baked or Fried Fish

Any fish suitable for frying or baking may be rolled in either stone ground corn meal or stone ground wheat flour.

Meat Wheat Casserole

1 CUP CRACKED WHEAT CEREAL* (UNCOOKED)	2 CUPS TOMATOES
1 LB. HAMBURG	2 TABLESPOONS CATSUP
½ ONION, CHOPPED	1 TEASPOON SALT
½ CUP BOILING WATER	1 TEASPOON POULTRY SEASONING
	1 TEASPOON WORCESTERSHIRE
	DASH OF PEPPER

Saute onions and meat in some fat until brown. Pour the boiling water over the cereal and add to the meat. Add the other ingredients and mix thoroughly. Place in a greased casserole and bake at 325° for about 1 hour.

Chicken-Corn Meal Casserole

1 CUP CORN MEAL	1 ½ TEASPOONS SALT
3 CUPS CHICKEN BROTH	1 TEASPOON BAKING POWDER
3 EGG YOLKS	2 TABLESPOONS BUTTER
3 EGG WHITES	1 CUP COOKED CHICKEN, CHOPPED

Pour hot chicken broth over the corn meal and stir until smooth. Cook until thick, stirring to prevent lumps. Remove from fire, add butter and stir until melted.

Beat egg yolks and add to the mixture, then add salt, baking powder and chicken. Fold in beaten egg whites. Pour into a buttered casserole and bake 1 hour at 325°. Serve hot.

Corn Meal-Beef Casserole

1 ½ CUPS BEEF STOCK	2 TABLESPOONS FAT
½ CUP CORN MEAL	¾ CUP CHOPPED COOKED BEEF
SALT TO TASTE	1 EGG, BEATEN
½ ONION	TOMATOES, SLICED

Cook corn meal in beef stock until thick. Add more salt if necessary. Brown the chopped onion in the fat and add to corn meal mixture with the beef. Add beaten egg last.

Arrange in buttered casserole with alternate layers of sliced tomato.

Bake at 350° for 20 minutes.

*See page 71.

COOKING WITH WHOLEGRAINS



MILDRED ELLEN ORTON

THE
Mystery of the Mill



*"And when I have broken the staff of your bread—
Ye shall eat and not be satisfied."*

I



COOKING BOOK devoted exclusively to cooking with wholegrain flour is such an old idea that it's brand new. Up to 1850 there was no other kind of cooking book. Yet there is probably not in print today, and certainly there has not been published this side of three-quarters of a century, a basic book of this character. This paradox can be explained by a brief excursion into the history of milling.

But before this excursion into the past, I must define my terms. What is this *wholegrain* that we have all heard so much talk about in the last few years, particularly during the last decade? The answer is simple enough . . . it is *all of* the grain kernel ground into meal or flour, whether it be corn, rye, wheat or oats.

Some confusion arises due to the several names given the *wholegrain* wheat product. In England, it is variously called wholemeal, entire wheat, wholegrain, and whole wheaten flour and in America, Graham flour and "wholewheat" flour. I prefer the term *wholegrain* flour to distinguish from that now prostituted word *wholewheat*, which in America has no more meaning whatsoever due to the