



Dent Corn



Savory Polenta

- 2 tablespoons olive oil
- 3/4 cup finely chopped red onion
- 2 cloves garlic, finely minced
- 1 quart chicken stock or broth
- 1 cup coarse ground cornmeal from Augason Farms Dent Corn

- 3 tablespoons unsalted butter
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 2 ounces grated Parmesan

Preheat oven to 350°F.

Heat the olive oil over medium heat in large, oven-safe saucepan. Sweat the red onion and salt 4 - 5 minutes until onions begin to turn translucent. Reduce heat to low, add garlic, and sauté for 1 - 2 minutes, making sure the garlic does not burn.

Add chicken stock and bring to a boil. Gradually add cornmeal while continually whisking. Once you have added all of the cornmeal cover the pot and place in oven. Cook 35- 40 minutes, stirring frequently to prevent lumps. When creamy, remove from oven; add butter, salt, and pepper. Once incorporated, gradually add Parmesan.

Serve as is, or pour polenta into 9" x 13" parchment lined cake pan. Refrigerate to cool completely. Once set, cut into squares, rounds, or triangles, brush each side with olive oil and sauté or grill.

Honey, Wheat and Corn Bread

- 4 cups stone ground whole wheat
- 2 cups Augason Farms Bleached Enriched White Flour
- 2/3 cup coarse ground Augason Farms Dent Corn
- 2 heaping tablespoons dry yeast
- 4 tablespoons Augason Farms Vital Wheat Gluten
- 1 1/2 cups warm water (120°)

- 3/4 cups milk
- 2/3 cups honey
- 2 tablespoons white sugar
- 2 tablespoons vegetable oil
- 1 teaspoon salt

Mix the first 5 ingredients together. In separate bowl mix last 6 ingredients.

Slowly mix liquid into dry while then mix for 8-10 minutes after all dry ingredients are incorporated.

Let rise for at least 1 hour or until doubled in size. Divide into equal parts and put in greased pans.

Bake at 375°F for 25-30 minutes or until golden brown.

DIRECTIONS:

Use to grind into fresh cornmeal for your favorite recipes.

INGREDIENTS: Dent corn.

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

Nutrition Facts			
Serving Size: 1/2 cup (28g)			
Servings Per Container: 324			
Amount Per Serving			
Calories 100	Calories from Fat 10		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 21g	7%		
Dietary Fiber 2g	8%		
Sugars 0g			
Protein 3g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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324 SERVINGS
NET WT. 20 LBS (9.07 kg)