



Cornmeal

Bakery

Augason Farms offers a wide selection of baking mixes and baking items. Whether you're preparing baked goods from scratch or want a quick baking mix, we provide for your needs.

Cornmeal

Augason Farms Cornmeal is indispensable for making delicious cornbread. Use it to flour a pizza pan before baking so the pizza won't stick.

Cornmeal Pancakes

3/4 cup Augason Farms Cornmeal	1/2 cup milk
1 teaspoon salt	2 tablespoons butter, melted
1 tablespoon white sugar	3/4 cup unbleached all-purpose flour
1 cup boiling water	2 teaspoons baking powder
1 beaten egg	1/2 cup pine nuts, toasted

In a medium bowl, mix together cornmeal, salt and sugar. Stir in boiling water until all ingredients are wet. Cover, and let stand a few minutes. In a measuring cup, combine milk, egg and melted butter. Stir the milk mixture into the cornmeal mixture. Combine the flour and baking powder; stir into the cornmeal mixture until just incorporated. If the batter is stiff, add a little more milk until it flows off the spoon thickly but smoothly. Heat a large cast iron skillet over medium heat, and grease with a dab of oil or butter. Use about 2 tablespoons of batter for each pancake. Quickly sprinkle a few pine nuts onto each cake. When the entire surface of the pancakes are covered with bubbles, flip them over and cook the other side until golden. Serve with syrup or fruit jam. Serves 4.

Cornmeal Buttermilk Biscuits

Set a rack in the center of the oven	1/4 teaspoon baking soda
Preheat oven 450°F.	1 heaping teaspoon sugar
1 1/3 cups all-purpose flour, plus as needed	1 teaspoon fine salt
2/3 cup Augason Farms Cornmeal	6 tablespoons unsalted butter, diced
2 1/2 teaspoons baking powder	3/4 cup buttermilk

Line a baking sheet with two layers of parchment paper. In a large bowl, whisk together flour, cornmeal, baking powder, baking soda, sugar, and salt. Rub 2 tablespoons of the butter into the flour mixture with your fingertips, until it is completely incorporated. Work remaining butter into flour until it's in even, pea-size pieces. Gently stir in buttermilk to make a loose dough. Turn dough out onto a lightly floured work surface. Pat dough into a 1/2" thick rectangle. Fold dough in thirds. Pat dough into a 5"x8" rectangle, about 3/4" thick. Use a 2" to 3" round cutter to make 6 biscuits, and put biscuits on the prepared baking sheet. Press together the scraps of dough, cut 2 more biscuits, place on baking sheet. Bake until tops are lightly browned, about 15 minutes. Cool before serving.
Yield: 8 Biscuits. Serves 4-6.

DIRECTIONS:

To make one 8 inch square pan of corn bread:

Combine: 1 cup cornmeal
1 cup flour
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon salt

Add: 1 egg
1 cup of milk

Mix: Lightly, may be lumpy.

Bake: 425°F from 15-17 minutes.

INGREDIENTS: Degerminated yellow corn meal.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

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 30 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 1/4 cup (42g)
Servings Per Container 47

Amount Per Serving			
Calories 150		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	34g		11%
Dietary Fiber	1g		5%
Sugars	0g		
Protein	3g		
Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	2%
*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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47 SERVINGS
NET WT. 4 LBS 6.0 OZ (1.98 kg)