

Indian Corn.

Having lived in America six years I can speak with confidence as to the use of Indian corn, for the last fourteen years we have used it almost daily in our family, which is large. I have lately been applied to for receipts, and to save trouble, and if possible to aid the spread of this excellent article of diet, I have had those which are most useful printed. I have just seen Dr. Bartlett's pamphlet, from which I think no one would learn how to use corn in any shape. I send you a sheet of my receipts, hoping you will further their circulation by publishing them. I sent some to Father Matthew, who tells me they are the plainest and most useful he has seen, and that he has caused a few thousand copies to be reprinted.—B H.

Yellow Corn is far more nutritious, and tastes better than white corn. Indian corn meal must not be ground too fine; it generally requires to be sifted and the coarsest bran taken out; this when boiled is good food for pigs. Bread cannot be made of Indian meal alone: one-third of meal to two-thirds of wheat flour is quite as much as the bread will bear; more meal would make it too sweet and sticky. To make bread, take for example, 7 lbs. of Indian meal, and pour boiling water on it till it is all wet—it never knots like flour; then let it stand till it becomes milk-warm, and stir it in a stone and a half of flour with the hands; proceed then exactly as you would with wheat bread; of course but little more water will be required. It takes rather longer to bake than wheat bread.

Indian Meal Dumplings are made exactly like sweet dumplings; or if you prefer them without suet, mix them with milk instead of water; they require longer time in boiling than flour dumplings. If any is left to be cold, it is good cut in slices and fried.

Johnny Cake, which is, in fact, a pudding, and eaten hot, is made thus: Take about two pints of Indian meal, and mix with it about one table-spoonful of melted pork lard or clear beef dripping; dissolve one tea-spoonful of salt and half a tea-spoonful of soda in a tea-cup, with cold water; pour milk into the meal till it forms a stiff batter; add the salt and water, and one beaten egg. Grease a shallow tin, such as is used for Yorkshire puddings, and pour the batter in. Bake it in a brisk oven for about two hours. You may make Johnny Cake without milk, by putting rather more lard in it; or if you please you may make it with milk and water, as convenient.

N. P.—Johnny Cake should never be made thick; an inch deep is enough.

Mush is Indian meal stirred into cold water, or milk and water, quite thin, and then boiled for about half an hour. It thickens very much, so that is necessary to stir it frequently, and to add cold water occasionally. It is also called Indian hasty pudding, and is usually eaten with treacle or with milk.

Fried Mush.—If any mush be left, stir in more

Indian meal till it is very stiff; cut it out of the pan in pieces about half an inch thick, and fry in beef or pork lard. It is excellent.

Boiled Indian Pudding.—Make a stiff batter, by stirring Indian meal into a quart of milk or water. Add two table-spoonfuls of flour, three of brown sugar, two tea-spoonfuls of ginger, and two of salt. If you make it with water, mix in a little chopped suet and one egg, but with milk these are not required. Tie rather loose, and boil for three hours at least.

Baked Indian Pudding.—Boil three or four pints of milk, according to the size of the dish you mean to fill, and stir in Indian meal till it becomes about as thick as stiff batter. Stir in two or three ounces of butter, and half a tea-cupful of brown sugar. Add according to taste either a little grated lemon peel or any spice you like. Butter a shallow earthen baking dish, and bake in a moderate oven for three-quarters of an hour, or longer if needful. When cold it will easily turn out, and this pudding is better cold than hot.

Plain Indian Pudding.—Scald a quart of milk, and stir in seven table-spoonfuls of Indian meal, one tea-spoonful of salt, one of ginger or cinnamon, and half a tea-cupful of treacle. Grease a baking dish, and bake for about two hours.

Indian Meal Gruel.—Stir a table-spoonful or two of meal into cold water; boil it till it is thickened as much as you like.

Indian Pancakes.—Mix about a pint of meal with sufficient milk or water, and one beaten egg to make a thin batter; fry them in a small quantity of lard as possible.

Corn Cakes or Corn Bread.—Pour boiling water with a little salt in it on Indian meal; mix it as stiff as you can with the hands, roll it into balls the size of an orange, then flatten the balls, till the cakes are about half an inch thick. Fry them in a small quantity of beef lard, merely sufficient to prevent them sticking to the pan or burning. They are to be eaten hot, generally as a breakfast dish.

Sweet Corn Cakes.—Mix one quart of milk, one beaten egg, a tea-spoonful of salt, and half as much soda, and two table-spoonfuls of treacle. Pour this on meal and stir it well till it becomes thoroughly mixed, and stiff enough to make it into flat cakes like those in the last receipt. Fry them for fifteen or twenty minutes.

Light Corn Bread.—Stir four pints of Indian meal into three pints of tepid water; add one large tea-spoonful of salt, let it rise for five or six hours, then stir it up with the hand; use as much dough in each roll as can be conveniently shaped in the hand; make oblong rolls about an inch and a half or two inches thick; bake in a brisk oven.

Plain Corn Bread.—Take six pints of Indian meal, one tea-spoonful of salt, four pints of hot water, and mix thoroughly with the hands; let it stand for half an hour or more, then form it as in the last receipt, and bake it in a hot oven.

Remarks.—All kinds of corn bread require a hotter oven than flour bread. Never grind the corn too fine, or sift it through a fine sieve; no