

Cornmeal Recipes (No Eggs Required)

I love eggs and I use eggs in a variety of the recipes I prepare on a regular basis. However, I am aware that fresh eggs might not be available under hardship conditions. Therefore, I have been on the lookout for good recipes that don't require eggs for many years. Good NO Egg recipes are not easy to find.

All of the following cornmeal recipes are EGG FREE. The recipes all use regular cornmeal and NOT self-rising cornmeal.

Corn Bread

1 cup cornmeal	1/4 tsp. baking powder	2 tsp. sugar	1 tbsp. shortening
2 tbsp. flour	1/4 tsp. baking soda	1/2 tsp. salt	3/4 cup buttermilk

Optional: You may add 1 egg to the above recipe if you wish.

Preparation: Combine cornmeal, flour, baking powder, baking soda, sugar, and salt. Mix dry ingredients well. Add the shortening and the buttermilk. Stir until batter is smooth. Pour into a greased baking pan.

Cook: Bake 20 minutes at 450°F.

Corn Tortillas or Corn Chips or Taco Shells (7 six-inch Tortillas)

1 cup cornmeal	1/2 to 3/4 cups water	1/2 tsp. salt
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Preparation: Combine cornmeal, salt, and 1/2 cup of water. Make a soft dough. If it is too dry, add a little more water. Cover with a cloth and let stand for 30 minutes. Shape the dough into 7 two-inch balls. Press (or roll) balls into flat 6" circles.

Tortillas Cook: Fry on hot griddle for about 1 minute until the edges start to curl. Flip over and fry another minute.

Tortilla Corn Chips Cook: Deep fry small corn tortilla pieces for about 20 seconds in hot oil and remove with a slotted spoon and place on paper towel. Sprinkle with salt.

Taco Shells Cook: Heat 1/3 inch of oil in a skillet to 360°F. Slip an uncooked tortilla into the hot oil. After one second, use a spatula and fold the tortilla in half. Insert the spatula between the folds and press down and fry for 30 to 60 seconds until golden brown, then turn it over and repeat. Remove and drain curved side down so the oil will drip off. Fill with ground meat, refried beans, lettuce, tomato, cheese, etc.

Hush Puppies

1 cup cornmeal	1/2 cup milk or water	1/2 tsp. salt
1/2 tsp. onion powder, onion flakes, or onion salt	1 tsp. baking powder	

Mix above and shape into 1 inch balls. Deep fry in oil until well browned. Or make into cakes and pan fry.

Corn Pone

1 cup cornmeal	1/2 tsp. salt
3/4 cup hot water	1 tbsp. sugar, if available

Preparation: Mix everything and stir hard. Press into cakes about 1/2 inch thick.

Cook: Bake in Dutch oven 30 minutes. Or pan fry about 5 minutes on each side using a little hot fat or oil.

Pioneer Hoe Cakes

1 cup cornmeal	1/2 tsp. salt	hot water
2 tbsp. flour	1/4 tsp. baking powder	oil

Combine the salt, flour, and cornmeal in a bowl. Add enough hot water to make a batter. Pour a little oil on the griddle. When it sizzles, add half the batter. Allow the cake to brown on one side. then flip to the other side (first add a little more oil to the griddle). An easy way to flip the cake is to put a plate on top of it, then lift the griddle and turn it upside down, holding the plate with the other hand. Slide the hoe cake, uncooked side down, back onto the re-oiled griddle. When done, repeat with the other half of the batter.

Cornmeal Mush and Polenta

1 cup cornmeal	3.25 cups water	1/2 tsp. salt
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Boil 2.25 cups water in heavy saucepan. In a separate bowl, mix the cornmeal, salt, and 1 cup cold water. Gradually add the cornmeal mixture to the boiling water, stirring well. Reduce heat, cover, and let simmer for 10-minutes, stirring occasionally to prevent scorching. (Or prepare in double boiler to prevent scorching.)

Cornmeal Mush Option: Continue simmering for an additional 20-minutes, stirring occasionally (or 30-minutes total simmering time). Serve hot with butter, or honey, or milk, or sugar, if available.

Polenta Bake Option: Pour hot cornmeal mixture into a greased 9-inch pie pan or cake pan and spread evenly. Bake at 450°F for 20-minutes. Allow to cool. Cut into wedges and serve with any type of sauce (pizza, spaghetti, taco, etc.), or cheese, or butter, or honey.

Polenta Fry Option: Pour hot cornmeal mixture into a bread loaf pan. Allow to cool. Chill in the refrigerator until firm. Remove from the bread pan and cut into half-inch thick slices. Fry each slice in melted butter for 5-minutes on first side, flip, and fry 5-minutes of other side, or until brown and crisp. Serve with butter, honey, or milk, if available.

Corn Dogs

1/2 cup cornmeal	1/2 cup flour	1 tsp. baking powder	1/4 tsp. salt
1 tbsp. sugar	1 tbsp. shortening	1/2 cup milk	2 cans Vienna Sausage

Preparation: Combine the cornmeal, flour, baking powder, salt, and sugar and mix well. Add the shortening and the milk. Stir into a smooth batter. Dip Vienna Sausages into the batter and coat each sausage generously.

Cook: Deep fry until golden brown.