BREADS, MUFFINS AND GEMS
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HONEY RYE BREAD

2 cups rye flour  
½ teaspoon soda  
1 teaspoon ginger  
1 egg yolk  
1 cup honey

Mix flour, soda, ginger and sugar, add liquid and spread in shallow greased pan and bake in a hot oven.

BOSTON BROWN RAISIN BREAD

2 cups rye meal  
1 cup corn meal  
1 teaspoon soda  
½ teaspoon salt  
½ cup molasses  
2 cups sour milk  
½ cup seeded raisins

Mix the rye and corn meal thoroughly with soda and salt, and add the raisins which have
been washed, dried and cut in pieces; add the milk and molasses and beat well. Pour into a greased mold, cover tightly and steam from 5 to 6 hours. Remove from tin, and dry in the oven 5 minutes. This may be served hot or cold.

RAISED BROWN BREAD

\[ \frac{1}{4} \text{ yeast cake} \quad \frac{1}{2} \text{ cup molasses} \\
2 \text{ tablespoons sugar} \quad 1 \text{ teaspoon salt} \\
2 \text{ cups corn meal} \quad 2 \text{ cups rye flour} \\
2 \text{ cups boiling water} \quad \frac{1}{8} \text{ teaspoon soda} \\
1 \text{ tablespoon cold water} \]

Mix yeast cake and sugar together. Pour boiling water over corn meal, add molasses, salt, and rye flour and when mixture is lukewarm add yeast. Beat for 5 minutes and set aside to rise overnight in a warm place. In the morning add soda dissolved in water, beat again for 5 minutes, pour into 2 greased bread pans and bake in a moderate oven from 1\(\frac{1}{2}\) to 2 hours.
WHEATLESS RECIPES

STEAMED DATE BREAD

2 cups rye meal  \(\frac{1}{4}\) cup brown sugar
1 cup white corn meal \(\frac{1}{2}\) cup molasses
1 teaspoon soda  2 cups sour milk
\(\frac{1}{2}\) teaspoon salt  \(\frac{1}{2}\) cup dates

Mix rye and corn meal, soda, salt and brown sugar and add dates which have been washed, dried, stoned and cut in pieces. Mix molasses and milk, pour into first mixture and beat vigorously. Put into a greased mold and steam 5 to 6 hours. Remove from mold and dry in oven for 5 minutes. This may be served hot or cold.

BROWN BREAD

1 cup rye meal  \(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) cup bran \(\frac{1}{2}\) cup molasses
1 cup corn meal 1 cup water
\(\frac{1}{2}\) teaspoon soda  \(\frac{1}{2}\) cup chopped walnuts
\(\frac{1}{2}\) cup raisins

Mix rye meal, bran, corn meal, soda, salt, nuts and raisins which have been washed, dried
and cut in pieces. Add the molasses and water, mix thoroughly and pour into a greased mold. Steam 4 or 5 hours. When ready to serve dry in the oven for 5 minutes.

NEW MEXICO CORN BREAD

2 cups corn meal 1/4 cup sugar
1 teaspoon salt 2 cups milk
1 teaspoon baking 2 eggs
powder 1 tablespoon melted fat

Mix and sift cornmeal, salt, baking powder and sugar. Add the milk, well-beaten eggs, and melted fat. Beat vigorously for 2 minutes. Pour into a greased pan and bake 30 minutes in a hot oven. Serve at once.

SOUTHERN CORN BREAD

1 cup cold cooked hominy 1 cup milk
1 egg 1 cup uncooked fine hominy
1 teaspoon salt 1 tablespoon melted fat
Mash the cooked hominy, add salt, well-beaten egg, milk and melted fat. Spread in a greased baking dish, sprinkle uncooked hominy over the top and bake 35 minutes in a hot oven. Serve at once.

**RYE BREAD WITH HONEY**

3 cups rye flour  
3/4 teaspoon soda  
1 teaspoon ginger  
1 cup brown sugar  
1 egg  
1 1/2 cups honey

Mix and sift dry ingredients. Add well-beaten egg and honey. Spread in 2 well greased bread pans and bake 40 minutes in a moderate oven.

**NAVAJO INDIAN BREAD**

1 cup white corn meal  
1 cup yellow corn meal  
1 teaspoon salt  
1 tablespoon sugar  
1 cup water  
1 cup finely chopped suet
WHEATLESS AND MEATLESS DAYS

Mix corn meal, salt, and sugar, add finely chopped suet and mix thoroughly; pour in water until a thick mass is formed. Shape into rolls about 6 inches long, wrap each roll in a well greased paper and bake in a flat greased baking dish in a moderate oven for 1 hour.

When these are made by the Navajo Indians they roll them in corn husks.

STEAMED HONEY BREAD

1 cup white corn meal  ½ cup honey
2 cups rye flour  2 cups sour milk
1 teaspoon salt  1 cup chopped raisins
½ teaspoon soda  1 cup chopped nuts

Mix and sift dry ingredients, add raisins, nuts, honey, and sour milk. Pour into greased molds and steam for 2½ hours. Fill molds only ⅔ full.

This quantity will make 4 loaves if put in 1 pound baking powder cans.

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WHEATLESS RECIPES

OATMEAL MUFFINS

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\begin{array}{ll}
\frac{3}{4} \text{ cup oatmeal (raw)} & 4 \text{ teaspoons baking powder} \\
1 \text{ cup rye flour} & 1 \text{ egg} \\
\frac{1}{2} \text{ cup barley flour} & 1 \text{ cup milk} \\
1 \text{ teaspoon salt} & 1 \text{ tablespoon melted fat} \\
\frac{1}{2} \text{ cup brown sugar} & \\
\end{array}
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Mix dry ingredients, add well-beaten egg, milk and melted fat. Pour into greased muffin pans and bake 35 minutes in a moderate oven.

VIRGINIA CORN PONE

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\begin{array}{ll}
2\frac{1}{2} \text{ cups milk} & 1 \text{ tablespoon butter} \\
\frac{1}{2} \text{ cup yellow corn meal} & 1 \text{ teaspoon baking powder} \\
2 \text{ teaspoons salt} & 1 \text{ egg} \\
\end{array}
\]

Heat milk, add salt and corn meal and cook in a double boiler for 1\frac{1}{2} hours. Add butter, cool and add baking powder mixed with 1 tablespoon of cold water, and well-beaten egg. Pour into a greased baking dish and bake in a moderate oven 45 minutes. Cut in pie shaped pieces to serve.
RYE MUFFINS

2 cups rye flour ½ cup brown sugar
4 teaspoons baking powder 1 egg
1 teaspoon salt 1⅔ cups milk
1 tablespoon caraway seeds 1 tablespoon melted fat

Mix and sift dry ingredients and add caraway seeds. Pour in milk and well-beaten egg slowly, stirring constantly. Add melted fat and pour into greased muffin pans. Bake 40 minutes in a moderate oven.

If desired, caraway seeds may be omitted.

This recipe will make 12 large muffins or 18 small ones.

HONEY BRAN MUFFINS

2 cups bran 1 teaspoon baking powder
½ cup rye flour ⅓ cup honey
½ teaspoon salt 1⅔ cups milk
½ teaspoon soda 1 tablespoon melted fat
WHEATLESS RECIPES

Mix bran, flour, salt, soda and baking powder. Add honey, milk and fat and beat thoroughly.

Pour into hot greased muffin pans and bake 30 minutes in a hot oven.

If desired, ½ cup finely chopped walnuts may be added.

SPIDER CORN CAKE

1½ cups corn meal ½ teaspoon soda
¼ cup sugar 2 eggs
1 teaspoon salt 2 cups sour milk
1 tablespoon fat

Mix corn meal, sugar, salt and soda, add well-beaten eggs and milk and beat thoroughly until mixed. Melt the fat in an iron spider or frying pan greasing the sides as well as the bottom of the pan.

Pour in the mixture and bake in a hot oven 20 minutes. Serve at once.
WHEATLESS AND MEATLESS DAYS

CORN AND RICE MUFFINS

1 cup corn meal 2 tablespoons sugar
2 teaspoons baking powder 1 cup cold cooked rice
1 teaspoon salt 1/4 cup milk
1 tablespoon melted fat

Mix the corn meal, baking powder, salt, and sugar, add the rice slowly and when well mixed add well-beaten egg, milk, and fat. Beat vigorously 1 minute, pour into greased gem pans and bake 35 minutes in a moderate oven.

CORN GEMS

1 cup corn meal 1 teaspoon baking powder
1/2 cup rye flour 1 cup milk
2 tablespoons sugar 2 stiffly beaten egg whites
1 teaspoon salt
2 egg yolks 1 tablespoon melted fat

Mix and sift corn meal, rye flour, sugar, salt and baking powder, add well-beaten egg yolks
WHEATLESS RECIPES

with the milk and melted fat. Fold in stiffly beaten egg whites. Pour into hot greased gem pans and bake 20 minutes in a hot oven. This will make 12 gems.

HOMINY GEMS

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\begin{align*}
\frac{1}{4} \text{ cup fine hominy} & \quad 1 \text{ cup hot milk} \\
\frac{3}{4} \text{ cup boiling water} & \quad \frac{3}{4} \text{ cup sugar} \\
1 \text{ teaspoon salt} & \quad 2 \text{ egg yolks} \\
1 \text{ tablespoon fat} & \quad 2 \text{ stiffly beaten egg whites} \\
\frac{1}{4} \text{ cup corn meal} & \\
\end{align*}
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Cook the hominy in the boiling salted water 15 minutes, stirring constantly. Add the hot milk to the cornmeal and cook in the double boiler 15 minutes. Combine the two mixtures, add sugar and fat and set aside to cool. When cold, add well-beaten yolks of eggs, beat until mixed and fold in the stiffly beaten egg whites. Pour into hot greased gem pans and bake 35 minutes in a moderate oven.
FRUIT GEMS

1 cup white corn meal  
⅔ cup cold water  
1 cup hot milk  
1 teaspoon salt  
2 tablespoons sugar  
   1 teaspoon baking powder  
   ½ cup raisins  
   ½ cup dates  
   ½ cup cream

Mix meal and cold water and add to the hot milk. Cook in a double boiler, over boiling water, for 5 minutes stirring constantly, and set aside to cool. When cold add sugar and baking powder which have been mixed and beat vigorously for 1 minute. Add the cream, and the raisins and dates which have been washed and cut in pieces. Mix thoroughly, pour into well greased gem pans and bake about 30 minutes in a moderate oven.

GRANDMOTHER'S CORN DODGERS

2 cups corn meal  
2 teaspoons salt  
   1⅔ cups boiling water  
   1 tablespoon melted fat

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WHEATLESS RECIPES

Mix corn meal and salt, add the boiling water and fat. Allow mixture to cool and form into flat round cakes, place in a greased baking dish and bake in a hot oven 45 minutes.

RICE CORN PONE

2 cups corn meal
4 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
1 cup cold cooked rice
2 eggs
2½ cups milk
2 tablespoons melted fat

Mix and sift baking powder, salt, sugar, and corn meal. Add well-beaten eggs and milk to rice, stir gradually into cornmeal mixture, add melted fat, beat thoroughly until well mixed. Pour in a shallow greased pan and bake 30 minutes in a hot oven. Serve at once.

HOMINY BARLEY PONES

1 cup hot cooked hominy
1 tablespoon butter
2 cups milk
1 cup barley meal
¼ cup sugar
½ teaspoon salt
2 teaspoons baking powder
2 eggs
Mix hominy with butter and milk and set aside to cool. Mix barley, sugar, salt and baking powder and add to cooled mixture, stirring constantly; put in the well-beaten eggs and when thoroughly mixed pour into a shallow greased baking dish and bake in a moderate oven 45 minutes. Serve immediately.