

SPOON BREADS



## SPOON BREADS

These are breads which are very soft and usually are served with a spoon from the dish in which they are baked. Many times they are served with sirup or gravy instead of butter.

### RICE OR HOMINY SPOON BREAD

2 cups cold cooked hominy or rice	2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ teaspoon pepper	2 eggs
	1 tablespoon butter

Mash the hominy or rice and mix with salt, pepper, sugar, milk, and well-beaten eggs. Pour into a greased baking dish, dot the top with bits of butter and bake in a moderate oven 30 minutes.



## WHEATLESS AND MEATLESS DAYS

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### SPOON CORN BREAD

1 cup white corn meal	2 teaspoons salt
1 cup cold water	1 tablespoon fat
2 cups boiling water	2 eggs

Mix cold water and meal and add slowly to the boiling salted water, cook 5 minutes, stirring constantly; remove from the fire, add fat, and cool slightly. When cool add well-beaten eggs and beat vigorously until thoroughly mixed. Pour into a greased baking dish and bake 25 minutes in a hot oven. Serve at once.

### DELICATE SPOON BREAD

$\frac{1}{4}$ cup corn meal	1 cup milk
$\frac{1}{4}$ cup cold water	2 egg yolks
1 cup boiling water	2 stiffly beaten egg whites
1 teaspoon salt	
$\frac{1}{4}$ cup sugar	

Mix cold water and meal, add slowly to the boiling water and boil 5 minutes, stirring con-

## WHEATLESS RECIPES

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stantly. Remove from the fire, add sugar, milk, and well-beaten egg yolks, mix thoroughly, fold in stiffly beaten egg whites and bake in a moderate oven 45 minutes. Serve at once.

### BARLEY SPOON BREAD

3 slices bacon	$\frac{1}{2}$ cup barley meal
2 cups boiling water	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 eggs

Cut bacon into small pieces and cook in kettle in which barley is to be cooked, until bacon is slightly browned. Pour in water, add salt, and when water boils add meal slowly, stirring constantly. Boil for 5 minutes and then cook for 45 minutes in a double boiler. Cool and add milk and the eggs which have been beaten until very light. Pour into a greased baking dish and bake in a moderate oven 45 minutes. Serve immediately.



## WHEATLESS AND MEATLESS DAYS

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### CUSTARD SPOON BREAD

1 cup white corn meal	$\frac{1}{2}$ cup sour milk
$\frac{1}{2}$ teaspoon soda	1 cup sweet milk
1 teaspoon salt	1 tablespoon butter
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup cream
2 eggs	

Mix the corn meal, soda, salt and sugar and add all of the milk; when thoroughly mixed add the eggs which have been beaten very light. Melt the butter and thoroughly grease a baking dish with it. Pour in the batter and, without stirring it, add the cream. Bake in a moderate oven 45 minutes or until small bits of custard on top are firm. Serve immediately.

### SPOON CORN PUFF

$\frac{1}{2}$ cup white corn meal	$\frac{1}{2}$ cup milk
1 cup cold water	$\frac{1}{4}$ cup sugar
1 cup boiling water	$\frac{1}{8}$ teaspoon nutmeg
1 teaspoon salt	3 eggs

## WHEATLESS RECIPES

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Mix meal and cold water, add to boiling salted water and cook 1 minute, stirring constantly. Cook in double boiler for 30 minutes. Remove from fire and cool. Beat the eggs until very light and add with milk, sugar and nutmeg to the cooled mixture. Pour into a greased baking dish and bake 30 minutes in a moderate oven.

### SPOON BREAD MADE WITH SOUR MILK

2 cups white corn meal	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	2 cups sour milk
$\frac{1}{2}$ teaspoon soda	1 egg

Mix and sift corn meal, salt, soda and sugar. Add the well-beaten egg to the sour milk and combine the two mixtures, stirring constantly. Heat a well-greased baking dish, pour batter into it and bake quickly in a hot oven from 15 to 20 minutes. Serve at once.



## WHEATLESS AND MEATLESS DAYS

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### MUSH SPOON BREAD

1 cup hot milk	1 teaspoon salt
$\frac{1}{2}$ cup white corn meal	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup cold water	2 egg yolks
2 stiffly beaten egg whites	

Mix meal and cold water, add to hot milk, and cook in double boiler for 5 minutes. Cool slightly and add sugar and egg yolks. Fold in stiffly beaten egg whites and pour into a greased baking dish. Bake 30 minutes in a moderate oven. Serve immediately.