

## COLVIN RUN MILL RECIPES

**NOTICE Food allergy warning:** at Colvin Run Mill cornmeal, grits and whole wheat flour are ground on the same millstones and may contain traces of soybeans.

### COLVIN RUN MILL CORNBREAD

**Ingredients:**

- 1 cup cornmeal
- 1 cup flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 3 tablespoons sugar
- 1 egg
- 1 cup milk
- 1/4 cup shortening (soft) or vegetable oil



Mix together the dry ingredients. Beat together the egg, milk and shortening/oil. Add the liquids to the dry ingredients. Mix quickly by hand. Pour into greased 8x8 or 9x9 baking pan. Bake at 425 degrees for 20-25 minutes.

### COLVIN RUN MILL GRITS

**Ingredients:**

- 1 cup stone-ground grits
- 4 cups water
- 1/2 teaspoon salt
- 2 tablespoons butter (optional)



Place grits in a large bowl and cover with cold water skimming off chaff from surface. Repeat until all chaff is removed. Drain grits through a sieve.

Bring water to boil in a medium saucepan. Stir in salt then slowly stir in grits. Reduce heat to simmer and cover. Stir frequently until grits are thick and creamy, about 40 minutes.

### COLVIN RUN MILL DUSTIES

**Ingredients:**

- 1 cup whole wheat flour
- 1/3 cup shortening
- Pinch of salt
- 4 tablespoons water
- Your choice of favorite preserves
- Powdered sugar



Cut shortening into flour until the texture of mix is crumbly. Add water and work into a dough. On floured surface roll out dough to 1/8-inch thickness Cut 4 inch circles, the recipe should yield eight circles. Put 3/4 tablespoon of preserves in the center of each circle then fold circle in half. Crimp edges of half circle with tines of fork to seal. Bake at 425 degrees for 10-12 minutes. Dust with powdered sugar after baking

## Colvin Run Cornmeal Shortbread Cookies



The stone ground cornmeal adds a pleasant bit of crunch to this buttery shortbread

1 cup flour

1/3 cup **Colvin Run Mill Stone Ground Cornmeal**

1/2 tsp. baking powder

1/4 tsp. salt

4 oz. unsalted butter (1 stick), softened to cool room temp.

1/3 cup sugar

1/2 tsp pure extract (Ex: vanilla, orange, lemon, almond, etc)

Combine flour, cornmeal, baking powder and salt in bowl. Set aside. Preheat oven to 325°.

In food processor, beat butter briefly. Add sugar and beat to mix well. Add extract, blend. Add dry ingredients and blend until just mixed and has somewhat formed a ball.

Turn out onto a piece of wax paper. Shape into a round to prepare for rolling.

Cover with another piece of wax paper for easy rolling to desired thickness.

Cut into desired shape/s, place on baking sheet lined with parchment and bake in preheated 325° oven and bake 20 - 30 minutes, depending on size and thickness. Remove from oven. Let cool on baking sheet. Eat and enjoy! Store in airtight container for several days. May also be frozen. Makes 20 - 40 cookies - depending on size and thickness.

### Variations:

The dough can be rolled into small balls (agate size) and pressed down with the bottom of a glass that has been buttered and sugared or - the balls can be pressed down with a fork - criss-cross style.

Substitute the cornmeal with 1/3 cup stone ground whole wheat flour or ground nuts of your choice. You may also substitute 1/4 cup cocoa powder for 1/4 cup flour to make a chocolate flavored shortbread.

Grind 2 TBSP of dry tea leaves (your favorite flavor - such as spiced, grey, peachy, etc) and add to the dry ingredients. Omit the extract.

Experiment and Enjoy!!

## Colvin Run Mill Banana Bread



Bananas are readily available year 'round and this recipe is quick and easy. Using stone ground whole wheat flour adds a wholesome texture and slightly nutty taste, even if you don't add nuts! Bake up a few extra loaves to have in the freezer for unexpected guests or as thoughtful hostess gifts throughout the year.

1  $\frac{1}{4}$  cup **Colvin Run Mill Stone Ground Whole Wheat Flour**  
 $\frac{3}{4}$  cup sugar  
1 tsp baking soda  
 $\frac{1}{2}$  tsp salt  
1 mounded cup VERY ripe banana (the softer and blacker the better - really!)  
2 eggs  
 $\frac{1}{3}$  cup canola oil

Preheat oven to 350°. Grease a standard size loaf pan, set aside.

Mix dry ingredients together. Set aside.

Mash banana well - a portable mixer works great, or mash by hand. Add eggs and oil, blend well. Add dry ingredients and mix until well blended, but do not over mix. Pour into prepared loaf pan and bake in preheated oven for 50 - 60 minutes, until center is cooked and edges come away slightly from pan. Cool slightly and remove from pan to cooling rack to finish cooling.

This bread lasts for several days if wrapped well and it freezes beautifully, too.

### **Variations:**

A portion of all purpose flour may be substituted for some or all of the whole wheat flour if desired.

$\frac{1}{4}$  to  $\frac{1}{2}$  cup chopped nuts are an optional addition - fold in to batter after dry ingredients.

Use 2 or 3 small size loaf pans and bake 45 - 50 minutes.

Try this for fun -

Cut slices of banana bread into bite size pieces and top with curried chicken salad for a delicious appetizer, brunch or luncheon treat!

**Experiment and Enjoy!!**