

Kenyon's Most Requested Recipes

RI Johnny Cakes

1 cup **Kenyon's Johnny Cake Corn Meal** ½ tsp. Salt
1 tsp. Sugar 1¼ - 1½ cups boiling Water

Combine dry ingredients in a bowl. Pour boiling water over mixture gradually to make a “ploppy” batter, adding milk if desired to thin to a consistency that will drop off the end of a spoon. Drop onto a well greased griddle or fry pan and cook 6 minutes, drizzle with oil then flip and cook an additional 5-6 minutes.

Simple Corn Muffins

1 cup **White or Yellow Corn Meal** 1 Egg
1¼ cup sifted Flour ¼ cup Milk
5 Tbsp. Sugar ¼ cup Oil
3 tsp. Baking Powder
½ tsp. Salt

Blend all dry ingredients. Then add remaining items until just blended. Do not over mix. Pour into greased muffin tins and bake at 425° for 20-25 minutes. Yields about 12 muffins. For cornbread bake in a 8” square pan, at 425° for 20-25 minutes.

Clam Cakes (Fritters)

One 1 ½ lb Bag **Kenyon's Clam Cake Mix**
One 15oz. Can **Kenyon's Chopped Quahogs**
1 ½ cups of Water

Mix ingredients and stir batter until moist. Do not over mix. Drop batter into deep fat 350°, turning gently for 3-5 minutes. Drain on absorbent paper. For best results all ingredients should be at room temperature

Indian Pudding

1 quart Milk 1 Tbsp Butter
¼ cup Water ¼ each Nutmeg & Cinnamon
½ cup Molasses ½ tsp Salt
½ cup **White Corn Meal** 1 Egg beaten

Scald the 1 Quart of Milk. Mix water & molasses, and stir in corn meal. Blend into scalded milk. Add butter, spices, and salt. Cool. Add beaten egg. Bake for 1 hour at 325°. Serve plain or with whipped cream or vanilla ice cream.

Baked Brown Bread

3 cups **Brown Bread Mix** 1½ cups Water
1½ cups Molasses 1 cup Raisins
1 Tbsp Vinegar

Preheat oven to 350°. Combine molasses, vinegar, and water. Add dry ingredients to liquid mixture and stir until blended. Fold in raisins and pour into a well greased 9x5x3 pan. Bake for approximately 1 hour and 10 minutes.

BREAD MACHINE RECIPES

Kenyon's special process of stone grinding produces a unique texture and taste for our freshly ground flours, making these following bread machine recipes all healthful, tasty choices. Be sure to place all ingredients into your machine according to its specific directions. The following recipes were all formulated for 1 ½ pound loaves. Remember - all machines are a bit different so you may have to slightly adjust the liquid amounts (which all should be between 90° - 100°) to achieve the perfect loaf. Enjoy!

Pumpernickel Bread

1⅛ to 1¼ cups Water 1 cup **Whole Wheat Flour**
½ cup Molasses 3 Tbsp. Cocoa Powder
1½ Tbsp. Butter 1 Tbsp. Wheat Gluten
1½ cups Flour* ¾ tsp. **Sea Salt**
1 cup **Rye Meal** 2 tsp. Yeast

This mixture produces a dark, full flavored loaf, perfect for a soup or stew. Even with the abundant amount of whole grains, this bread has a moderate rise and isn't too dense.

Miller's Bran Bread

1 cup Water 3 Tbsp. Sugar
2 Tbsp. Butter 1 Tbsp. Wheat Gluten
2 cups Flour * ¾ tsp. **Sea Salt**
1¼ cups **Miller's Bran** 1½ tsp. Yeast

A light, not overly “whole grainy” bread that is still full of nutritious fiber. An all around bread we liked best with soup and salad.

Anna Damma Bread

1¼ cups Water ½ cup **Corn Meal**
¼ cup Molasses 3 Tbsp. Wheat Gluten
1 Tbsp. Butter ¾ tsp. **Sea Salt**
3 cups Flour * 2½ tsp. Yeast

A classic, we've altered this all- time favorite slightly to work in your bread machine. Everyone knows the old story of poor Anna's deprived husband, if only he were here today to taste the bread he inspired!

Classic Rye Bread

1¼ cups + 1 Tbsp. Water 3 Tbsp. Sugar
1½ Tbs. Butter 1 Tbsp. Wheat Gluten
2¼ cups Flour * ¾ tsp. **Sea Salt**
1½ cups **Rye Meal** 2 tsp. Caraway Seed
5 Tbsp. Dry Buttermilk Powder 2 tsp. Yeast

This bread rose incredibly high, which is fortunate since it won't last long! We love this subtle deli-type rye for grilled ham and cheese sandwiches. The caraway seed is optional, though we can't imagine rye without it!

* We used King Arthur unbleached flour in all our recipes.

Kenyon Corn Meal Company Recipe Suggestions

Pineapple Corn Bread

1 cup Yellow Corn Meal	2 Eggs beaten
1½ cups sifted Flour	4 Tbsp. Oil
4 tsp. Baking Powder	½ cup Pineapple Jam
1 tsp. Salt	½ cup Crushed Pineapple, drained
1⅛ cups Milk	

Sift together dry ingredients. Combine milk and eggs with oil, crushed pineapple, and jam. Stir all together enough to moisten. Pour into a greased (8"x4") loaf pan and bake at 375° for 1 hour.

Buckwheat Nut Bread

2 cups Buckwheat Flour	1 Tbsp. Baking Soda
½ cup White Corn Meal	½ cup Chopped Nuts
½ cup Graham Flour	1½ cups Milk
1 Tbsp. Baking Powder	⅔ cup Molasses

Mix and sift dry ingredients. Add liquids and nuts, combine well. Turn into a well greased loaf pan and let stand twenty minutes. Bake at 350° for 40-45 minutes. Raisins, dates, or candied fruit may be added.

Rye Popovers

3 Eggs, beaten	⅔ cup Flour
1 cup Milk	⅓ cup Rye Meal
3 Tbsp. Butter, melted	½ tsp. Salt

Combine eggs, milk, and butter. Add dry ingredients, beat well until smooth. Pour batter into 6 greased muffin cups, stirring batter often to prevent settling and bake in a 375° oven for 50 minutes. Prick each popover to let out steam, bake 10 minutes. Remove immediately from pan and serve hot.

Gorgonzola Polenta

¾ cup Yellow Corn Meal
2 Tbsp Butter
2oz Gorgonzola cheese, cut into small chunks
Kosher Salt or Sea Salt

Put 2 cups water in a heavy bottom saucepan, add a pinch of salt, and bring to a boil. Reduce the heat to a simmer and sprinkle in the Corn Meal, stirring well with a wooden spoon. Cook, stirring, until the mixture begins to pull away from the sides of the pan, about 15-30 minutes. The polenta should be thick and lump free. Add the butter and salt, if needed, and stir well. (Do not over season the polenta - the cheese is quite salty already). Add the gorgonzola and mix thoroughly.

Transfer to a shallow tray or wooden board (dampened with water to prevent sticking) and spread into an 8 x 8 square. Let cool until firm. Polenta can be made several hours ahead or the day before, then cooled and refrigerated until needed.

Cut the polenta into 4 squares, put on a non stick baking sheet and cook under a very hot broiler until the cheese begins to bubble and melt.

Preparation Suggestion: Add caramelized onion and stir fried broccoli when adding gorgonzola.

Recipes from Patricia B Mitchell's Cookbook Collections

"Grist Mill Quick Loaf Breads", "As the Mill Wheel Turns", "True Grist"®

Blueberry Whole Wheat Muffins

2 cups Whole Wheat Flour	2 Eggs, separated
½ cup All Purpose Flour	1 cup Milk
2 tsp Baking Powder	¼ cup Butter
¼ tsp Salt	1 cup Blueberries
½ cup Sugar	

Combine flour, salt, and baking powder. Cream the butter and add the sugar; add the well beaten egg yolks. Add the dry ingredients alternately with the milk. Roll the berries in flour and stir them in the batter. Add the egg whites, beaten to a stiff froth. Bake in greased muffin pans at 350° for 15 minutes.

Multi-Grain Bread

1 cup Corn Meal	2 Tbsp Sugar
1 cup Rye Meal	¼ tsp Salt
1 cup Whole Wheat Flour	½ cup Raisins
1 tsp Baking Powder	3 Tbsp Molasses
½ tsp Baking Soda	1½ - 1⅓ Cup Sour Milk

Mix dry ingredients, then mix remaining items. Combine the mixtures. Spoon into a 9 x 5 inch loaf pan, the bottom of which has been greased. Bake at 350° for 35 minutes or until a toothpick comes out unsticky from the center of the loaf.

Maple Graham Bread

2½ cups Buttermilk or Sour Milk	
½ tsp Baking Soda	3½ cups Whole Wheat Flour
⅔ cup Maple Syrup	1 cup Raisins
½ tsp Salt	2 tsp Baking Powder

Combine milk, baking soda, and maple syrup. Stir in salt, flour, and raisins. Add baking powder. Mix well. Spoon into a 9 x 5 inch loaf pan, the bottom of which has been greased. Bake at 350° for 45-50 minutes.

Boston Brown Bread with Raisins

1 cup Rye Meal	¼ tsp Baking Soda
1 cup Yellow Corn Meal	¾ cup Raisins
1 cup Whole Wheat Flour	½ cup Molasses or Brown Sugar
2 tsp Baking Soda	1⅓ cup Sour Milk or Buttermilk

Mix the dry ingredients; and in a separate bowl, mix the raisins and liquids. Stir together the two mixtures, and fold into a greased 9 x 5 inch loaf pan. Bake at 350° for about 45 minutes.

Better-Than-Gingerbread

2 cups Whole Wheat Flour	⅓ cup Vegetable Oil
1½ tsp Baking Soda	⅔ cup Molasses
¼ tsp Salt	¼ cup Milk
2½ tsp Ginger	1 Egg, beaten (or egg substitute)
	½ cup Pecans, chopped

Combine dry ingredients. In a separate bowl mix remaining things. Combine the two mixtures, and pour into a greased 9x5x3 inch loaf pan. Bake at 325° for about 50 minutes.