

BASIC GRITS

Place 1 cup of grits in a bowl, cover with water and stir. The light bran will float to the top. Carefully pour off the water and light bran, reserving the grits. Bring 2 cups of water, 1 tablespoon of butter and 1/4 teaspoon of salt to boil in a heavy-bottomed saucepan. Add the grits, reduce heat to low and cook, covered about 10 minutes, stirring occasionally until thick and creamy. Stir in cream & cheese, or milk and sugar. Serve hot. Yield: 4 half-cup servings

EASY CHEESE GRITS

1 cup Falls Mill Grits
1/4 cup chopped onion (optional)
2 teaspoons instant chicken bouillon
2 to 4 ounces of cheese (American, Cheddar, Havarti)

4 cups water
2 tablespoons butter
1/4 cup half-and-half

Place grits in bowl and cover with 2 cups water. Stir grits so that the light bran will rise to the top of the water. Set aside. Bring 2 cups water, onion, instant chicken bouillon, and butter to a boil in a heavy-bottomed saucepan. Carefully pour off the water and bran from the grits then add the rinsed grits to the boiling water. Reduce heat to low and cook, covered, 10 minutes, stirring occasionally until grits soften. Add half-and-half and cheese and stir until cheese melts. Serve hot. Yield: 4 half-cup servings

Contains: Whole Wheat Flour, Buckwheat Flour, Yellow Corn Meal, Wheat Bran, Sugar, Baking Powder, Baking Soda, and Salt.

PANCAKES

To 1 cup Multi-Grain Pancake Mix, add the following:

1 egg
1/2 – 3/4 cup milk (more milk makes thinner pancakes)

2 tablespoons melted butter

Cook on a medium-hot, greased griddle or skillet until pancakes are covered with bubbles, turn and brown on other side.

Yield: approximately 6 four-inch pancakes

MUFFINS

2 cups Multi-Grain Pancake Mix
1 egg
1/2 cup sugar
1/2 cup raisins or chopped apples
(Try your favorite fruit. You can also substitute 1/2 cup of preserves or jam instead of fresh fruit.)

3/4 - 1 cup milk or buttermilk
1/2 cup melted butter
1 teaspoon cinnamon

Mix together dry ingredients with a wire whisk in a large bowl. Add milk, egg, and butter, stir until moistened then add fruit. Do not over mix! Bake in a greased muffin pan at 375 ° for 18-20 minutes.

Yield: 12 muffins

Janie Lovett

BUCKWHEAT PANCAKES

2/3 cup Buckwheat Flour	2 tablespoons sugar
1/3 cup white flour	1 egg
1/2 teaspoon salt	1/2 – 3/4 cup milk
1 teaspoon baking powder	2 tablespoons melted butter

Beat together lightly 1/2 cup milk, egg, and melted butter in mixing bowl, add dry ingredients stirring just enough to moisten the flour. Cook on a greased, medium hot griddle. For thinner pancakes use more milk. Serve with butter and syrup. Yield: 6 four-inch pancakes

FRUITED BUCKWHEAT MUFFINS

1 cup all purpose flour	1/4 teaspoon baking soda
1 cup peeled, finely chopped apple	1/4 teaspoon salt
3/4 cup Buckwheat Flour	3/4 cup buttermilk
2 tablespoons vegetable oil	1/2 cup sugar
1/4 cup raisins	1 egg lightly beaten
3 teaspoons baking powder	vegetable cooking spray

Combine dry ingredients a large bowl; make a well in the center of mixture. Combine buttermilk, oil and egg; add to dry ingredients, stirring just until moistened. Add fruit and stir. Divide batter evenly among muffin cups coated with cooking spray. Bake at 375° for 20 minutes. Remove from pan immediately. Let cool on wire racks. Yield: 1 dozen muffins

REFRIGERATOR ROLLS

3 1/2 cups sifted self-rising flour	1/2 cup sugar
3 1/2 cups Falls Mill Whole Wheat Flour	1 quart milk
1 stick butter or margarine	2 teaspoons salt
3 packages yeast	

Heat the milk and butter in a heavy saucepan just until the butter melts, remove from heat. Combine dry ingredients then add milk and butter mixture, stir until smooth. Divide the batter in half and store in 2 large covered bowls. Place in refrigerator for at least 4 hours before use. Bake in a greased muffin pan at 425° for 15-20 minutes. Yield: 4 dozen rolls

Janie Lovett

WHOLE WHEAT BRAN MUFFINS

1 1/2 cups Falls Mill Wheat Bran	1 egg
1 cup Whole Wheat Flour	1 cup sugar
1/2 cup white flour	1/2 teaspoon salt
3 teaspoons baking powder	2/3-1 cup milk
1/4 cup fruit preserves, or jam or applesauce	1/2 cup raisins
1 teaspoon cinnamon	1/4 cup oil

Put bran in a large mixing bowl and cover with 1/2 cup boiling water, stir with a fork until moistened, set aside. In another large bowl combine dry ingredients blending with a wire whisk. Next stir in milk, egg, oil and fruit, mix together. Stir in the bran. Bake in greased muffin pan at 375° for 18 minutes. Yield: 1 dozen muffins

WHOLE WHEAT PANCAKES

1 cup Falls Mill Whole Wheat Flour 2 tablespoons sugar
2 tablespoons melted butter 1 teaspoon baking powder
1 egg 1/2 teaspoon salt
1/2 – 3/4 cup milk

Mix together dry ingredients in a medium mixing bowl, stir in milk, egg and melted butter with a wire whisk. Cook on a greased, medium hot griddle or frying pan. The pancakes are ready to turn when the top is covered with bubbles. For thinner pancakes use more milk. Serve with butter and syrup. Yield: 6 four-inch pancakes

Self-rising Corn Meal contains salt, baking powder, and baking soda as leavening agents.

MOM'S CORNBREAD

1 ½ cups Falls Mill Self-rising Corn Meal 1 cup self-rising flour
1 egg slightly beaten 1 ½ cups buttermilk
1 ½ teaspoons melted butter or bacon drippings

Combine dry ingredients in medium mixing bowl. Add remaining ingredients and just enough buttermilk for a good pouring consistency. Bake in a greased muffin tin or iron skillet at 425° for 15-20 minutes. Yield: 1 dozen muffins Elaine Lovett

HUSHPUPIES

1 cup self-rising Corn Meal 1 beaten egg
1/2 cup self-rising white flour 1 cup buttermilk
1/2 teaspoon onion salt 1/2 teaspoon garlic powder
1/4 cup chopped green onions

Mix dry ingredients. Add egg and about half the buttermilk. Stir in onions. Add more buttermilk a little at a time until batter is well mixed, let stand for 10 minutes. Drop by spoonfuls into medium-hot oil. Fry until browned. Yield: 12-15 small hushpuppies

MOM'S CORNBREAD

1 ½ cups Falls Mill Corn Meal	1 cup white flour
3 teaspoons baking powder	¼ teaspoon baking soda
1 egg slightly beaten	1 tablespoon melted butter
½ teaspoon salt	1 ½ cups buttermilk

Combine dry ingredients in medium bowl. Add remaining ingredients and just enough buttermilk for a good pouring consistency. Grease muffin pan or iron skillet and bake in 425° oven for 15-20 minutes or until brown on top. Serve with butter or honey. Yield: 1 dozen muffins

Elaine Lovett

HUSHPUPIES

1 cup Falls Mill Corn Meal	½ teaspoon garlic powder
½ cup white flour	½ teaspoon baking soda
1 teaspoon baking powder	1 beaten egg
½ teaspoon salt	1 cup buttermilk
½ teaspoon onion salt	¼ cup chopped green onions

Mix dry ingredients. Add egg and about half the buttermilk. Stir in onions. Add more buttermilk a little at a time until batter is well mixed, let stand for 10 minutes. Drop by spoonfuls into medium-hot oil. Fry until browned.

Yield: 12-15 small hushpuppies