

Cooking with Double Mills Corn Meal ...

Every good cook on the lower Eastern Shore—until the mill no longer ran – would tell you that Double Mills corn meal was absolutely the best! Agronomists tell us that the quality of the meal does indeed reflect the kind of (quality of) the soil in which the corn grew, the climate, and the kind of corn planted. Here along Barren Creek the combination must have been Just Right!!

Here are a few “prize-winning” recipes for Eastern Shore corn bread – otherwise known as “Corn Pone” (or “wet” cornbread).

***Old-Fashioned Corn Pone*** from May Twilley, a Double Mills homemaker [1896-1976]

**1 lb. cornmeal**

**6 tsp. salt**

**1 c. sugar**

**1 c. molasses**

**1 Tbsp. shortening**

**2 c. boiling water**

**2 ½ c. flour**

**In large bowl, mix cornmeal, salt, sugar, molasses and shortening. Scald with boiling water. When cool, add flour and enough cold water to make it weigh 9 to 9 ½ pounds. Let stand overnight. Put in well-greased aluminum pan in a 325° oven. As soon as it will sit, turn oven to about 300°; cover (add a little bit of water now and then). Bake about 4 to 4 ½ hours. Let cool before turning out of pan.**

***Corn Pone (for Large Oven)*** from Emma Wright [b.1862-d.1962]

**4 qt. sifted meal**

**1 2/3 c. sifted flour**

**4 tsp. salt**

**3 Tbsp. Molasses**

**3 Tbsp. sugar**

**Make a hole in center of meal. Pour in 2 cups cold water if meal is very fine and slowly add about 3 ½ quarts very hot (boiling) water, stirring all the time with paddle until all meal is moistened. Add Flour over moistened meal, then 2 cups cold water. Mix the flour and water together and then stir into the meal. Add salt, molasses and sugar. Let stand overnight.**

**Thin mixture in the morning with a glass of water. Pour in well-greased oven; cook in hot oven for about 2 hours or until light brown. Cover with lid and cook slowly for 5 hours longer.**

***Corn Bread*** from Hattie Elzey [1895-1972]

**1 c. meal**

**1 c. hot water**

1 egg

1 spoonful melted butter

1 c. milk

1 tsp. salt

1 pinch sugar

Mix all together and bake 25 minutes at 450°.

