

For The Ladies

The KITCHEN BEAT

In today's Black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. *The Kitchen Beat* is designed to meet some needs of the various cooks in the modern Black family.

Today's fascination with regional cuisine, as well as the back-to-basics return to "comfort foods," has placed corn meal in the culinary spotlight. As a result, this versatile ingredient is not only being used in corn breads and muffins but in a wide range of exciting, "trendy" contemporary dishes.

Following are two unusual and delicious recipes from *The Quaker Kitchens*. We hope you like them.

The Versatility of Corn Meal

Corn Muffin Caribbean

- 1 cup corn meal
- 1 cup all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt (optional)
- ¾ cup buttermilk
- ¼ cup margarine or butter, melted
- 2 eggs, beaten
- 1 teaspoon hot pepper sauce
- 1 medium red bell pepper, finely chopped

Heat oven to 400°F. Grease 36 miniature muffin cups or line with paper baking cups. *Combine corn meal, flour, sugar, baking powder and salt. Add combined buttermilk, margarine, eggs and hot pepper sauce, mixing just until moistened. Stir in red pepper. Spoon 1 tablespoon batter into each muffin cup. Bake 10 to 12 minutes or until lightly browned. [Yield: 3 dozen.]

*NOTE: To substitute 8 or 9-inch square baking pan, bake 18 to 20 minutes or until toothpick inserted into center comes out clean.

Lemon Raisin Sugar Wafers

[These lemon-raisin cookies look like old-fashioned favorites but boast a special crispy crunch and mild corn flavor that makes them "contemporary classics."]

- ½ cup raisins
- ½ cup hot tap water
- ¾ cup margarine or butter
- ½ cup sugar
- 1 egg
- 1 teaspoon grated lemon peel
- 2 cups corn meal
- 1½ cups all-purpose flour
- ½ teaspoon salt (optional)
- ¼ cup milk

Heat oven to 375°F. Soak raisins in warm water until soft, about 30 minutes. Drain; set aside. In large mixer bowl, beat margarine and sugar until light and fluffy; blend in egg and lemon peel. Add combined corn meal, flour and salt alternately with milk, mixing well after each addition. Stir in raisins. Using rounded measuring teaspoon, shape dough into balls. Place on ungreased cookie sheet; flatten to ½-inch thickness with glass dipped in sugar. Bake 11 to 13 minutes or until lightly browned. [Yield: About 4½ dozen.]

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Davis baking powder
DelMonte raisins
Gold Medal all-purpose flour
Quaker enriched corn meal

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