



Historic Yates Mill County Park 2009 Winning Cornmeal Cook-Off Contest Recipes



First Place Recipe: Lemon- Pecan Cornbread Muffins

Entered By: Sharon Morf, Raleigh, NC

Ingredients:

- 2 eggs
- 8 oz container sour cream
- 8 oz can creamed corn
- 1 cup self-rising cornmeal mix
- 1 cup Yates Mill stone ground cornmeal
- ½ cup (1 stick) unsalted butter, cut into pieces
- 2/3 cup granulated sugar
- Grated lemon zest from 1 lemon
- 1 cup chopped pecans
- ½ tsp baking powder
- ½ tsp salt
- ¼ tsp baking soda

Directions: Preheat oven to 400 degrees. Grease muffin tins. Mix together all dry ingredients and cut in butter until mixture forms coarse crumbs. Whisk eggs, sour cream, and creamed corn in a separate bowl together. Add this mixture to the dry ingredients and butter and stir. Add pecans and lemon zest and mix. Pour mixture into muffins tins and sprinkle with sugar on top. Bake until golden brown and tester inserted into center comes out clean, approximately 25 minutes.

Second Place Recipe: Dorothy's Southern Delight

Entered By: Patricia Rhiner, Raleigh, NC

Filling Ingredients:

- 4 cups milk
- 1 ½ cup sugar
- 2/3 cup flour
- 4 egg yolks
- 8 tablespoons cocoa
- 2 Tbs. vanilla
- 1 stick of butter
- Cool whip or whipping cream

Graham Cracker Mixture:

- 3 cups graham crackers crunched

- 1/3 cup butter (melted)
- 4 Tbs. sugar
- 1 cup Yates Mill stone ground cornmeal

Filling Directions: Place milk in pot to warm slightly. Add combined sugar, flour, egg yolks, and cocoa. Cook on medium heat; stir constantly 20 minutes until pudding consistency. Remove from heat. Add vanilla and butter. Beat mixture 5 minutes.

Graham Cracker Mixture Directions: Mix graham crackers, sugar, butter, and cornmeal in food processor. Place mixture in two greased 9 inch pie plates. Pour filling over graham cracker mixture. Optional – top with cool whip or whipping cream.

Third Place Recipe: Pineapple Cheddar Cornbread

Entered By: Betsy Branch, Raleigh, NC

Ingredients:

- 1 cup all purpose flour
- 1 cup Yates Mill stone ground cornmeal
- ½ cup sugar
- 2 tsp. salt
- ½ cup butter, softened
- 4 eggs
- 1 14 oz can creamed corn
- 1 8oz can crushed pineapple (drained)
- 1 cup shredded cheddar cheese

Directions: Pre-heat oven to 375 degrees. Grease and flour a 2 quart rectangular baking dish. In medium bowl combine flour, cornmeal, sugar, baking powder, and salt; set aside. In large mixing bowl beat butter with electric mixer on medium speed 30 seconds. Add eggs, one at a time, beat well after each addition. Beat in flour mixture on low speed. Stir in corn, drained pineapple and cheese. Spoon batter into prepared dish. Bake 35 minutes or until toothpick inserted near center comes out clean. Cut in squares.

Notes: Makes 12 servings.

Youth Category, First Place Recipe: Lemon Cornmeal Pound Cake

Entered By: Hanna Proulx, Raleigh, NC

Cake Ingredients:

- 1 ¼ cups Yates Mill stone ground cornmeal
- 2 cups all-purpose flour
- 1 ½ tsp. baking powder
- 1 tsp. salt

- 1 cup (2 sticks) butter
- 1 ½ cups granulated sugar
- 1 cup confectioners' sugar
- 5 large eggs
- 1 cup buttermilk
- 2 Tbs. lemon juice
- Grated lemon zest from one lemon

Lemon Icing Ingredients:

- 1 cup confectioners' sugar
- 1 Tbs. lemon juice

Cake Directions: Preheat the oven to 350 degrees. Lightly grease a loaf pan or four mini loaf pans. In a medium bowl, mix together the cornmeal, flour, baking powder, and salt. In large bowl, cream the butter and then sugars together. Add the eggs one at a time to the butter/sugar mixture, beating them each into the batter. Alternately add the flour and buttermilk, beginning and ending with the flour. Grate the lemon peel to make lemon zest and juice the lemons. Mix the zest and lemon juice into the batter. Pour the batter into the greased pan(s). Bake for about 40 minutes for mini pans to 60 minutes for a full size loaf pan. The cake is done when a toothpick comes out clean when removed from the center of the cake and the cake is slightly pulling away from the sides of the pan(s). Cool the cake for about 15 minutes before loosening it and removing it from the pan(s).

Icing Directions: Mix together the confectioner's sugar and lemon juice. Drizzle over the cooled cake.

Youth Category, Second Place Recipe: Marmalade Poppy Seed Double-Layer Cake
Entered By: Jarrod Proulx, Raleigh, NC

Cake Ingredients:

- ¼ cup milk
- 2 Tbs. poppy seeds
- 1 cup Yates Mill stone ground cornmeal
- 2 cups all-purpose flour
- 2 ½ tsp. baking powder
- ¼ tsp. salt
- 1 ½ cups butter
- 1 ¾ cups sugar
- 4 eggs
- 2 tsp. vanilla extract
- Finely grated orange zest from one orange
- ¾ cup orange juice
- 1 cup orange marmalade

Directions: Grease two round cake pans. Flour the cake pans. Preheat the oven to 350 degrees. Combine milk and poppy seeds in a small dish and let them soak while preparing the recipe. Sift

together flour, baking powder, cornmeal, and salt in a medium bowl. Cream the butter in a large bowl until smooth. Add sugar and beat until light and fluffy. Add the eggs to the butter and beat until well mixed. Add in the poppy seeds, milk, vanilla, and orange zest. Mix in the flour then mix in orange juice alternately in three additions, beginning and ending with the flour. Pour the batter into the prepared cake pans. Bake at 350 degrees for about 25-30 minutes, until a wooden toothpick inserted into the middle of the cake comes out clean. Cool the cakes for about 15 minutes. Put a plate upside down on top of the cake pan. Flip the cake pan over so the plate is now on the bottom. Lift the cake pan off the cake. Place a second plate on the now upside down cake and carefully flip the cake over so it is right-side-up on the second plate. Remove the first plate. Spread marmalade on top of the cake. Repeat the procedure for removing the second round cake from its cake pan. Place the second cake on top of the marmalade layer of the first cake, using your hand to steady it on the way down.

Icing Ingredients:

- ½ cup shortening
- 4 cups powdered sugar
- 1 tsp. lemon extract
- 2 to 3 Tbs. of water

Icing Directions: Cream the shortening, mix in the powdered sugar and then water until smooth. Ice the cake.