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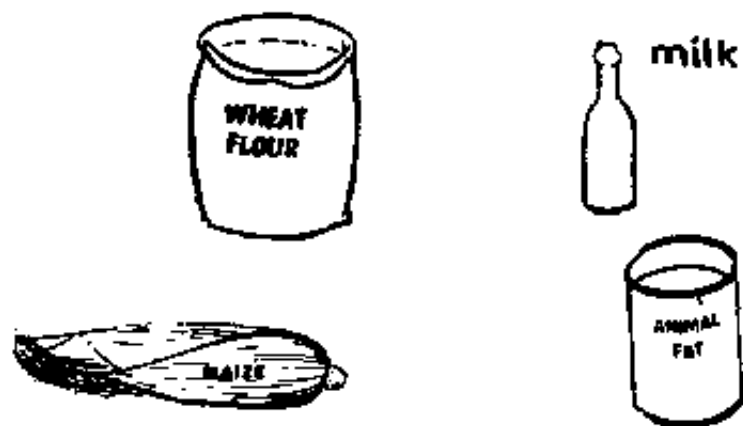
MAIZE SOUP BREAD TOP OF STONE BAKING

CORNMEAL FRITTERS

Ingredients:

1 egg
1 cup cornmeal
1 cup flour
1 tablespoon baking powder

1 teaspoon salt
2 tablespoons fat
1 cup milk
Fat or oil for frying



Figure

Method:

Beat the egg. Mix all ingredients together. Drop butter by teaspoonfuls into 1-inch of hot fat in a frying pan. Fry until golden brown on all sides (2 to 3 minutes).

Makes 18 fritters.



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CORN MEAL MUSH

Ingredients:

- 1 cup cornmeal**
- 1 cup cold water**
- 1 teaspoon salt**



Figure

Method

1 cup cornmeal, cold water and salt. Slowly stir cornmeal mixture into boiling water. Stir until thickened. Cover and cook over low heat for 15 minutes. Stir to keep from sticking.





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GREEN MAIZE PUDDING

Ingredients:

6 ears green Maize

3 eggs

A pinch of salt



Figure

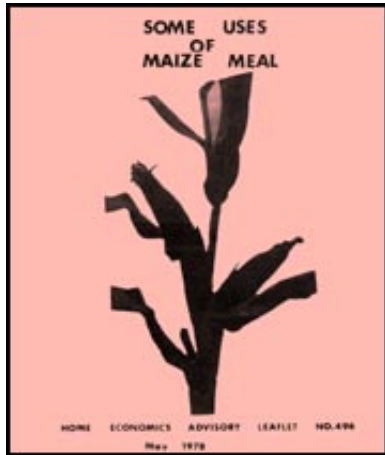
Method:


















- 1. Stamp the maize**
- 2. Beat the eggs and add to the maize**
- 3. Stir in the milk**
- 4. Add in salt**
- 5. Put into a dish, bake or stand in a sufuria of boiling water, and cook until stiff.**



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MAIZE BREAD

Ingredients:

2 cups maize meal

3 teaspoons baking powder

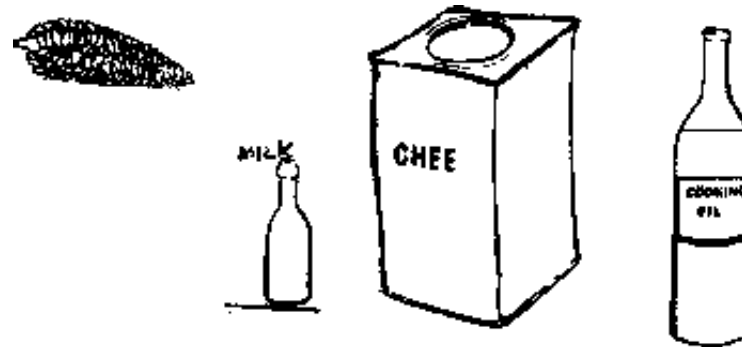
1 teaspoon salt

1 egg. 1

$\frac{1}{4}$

cups milk

3 tablespoons melted fat or ghee



Figure

Method:

- 1. Sift together maize meal, baking powder, salt and sugar.**
- 2. Break the egg into a cup and beat it**
- 3. Measure out milk and add to the beaten egg. Mix well.**
- 4. Measure out the melted fat and add to the mixture**
- 5. Make a well in the middle of the flour, pour the mixture in the well and**

blend in the flour**6. Pour the mixture into a greased baking tin.****7. Bake in a hot oven 10-15 minutes****8. Remove from oven to cook. Serve hot with tea.**

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MAIZE GRIDDIE CAKES

Ingredients:

4 tablespoons melted fat

$\frac{1}{2}$

cup sifted flour
1 teaspoon salt

1

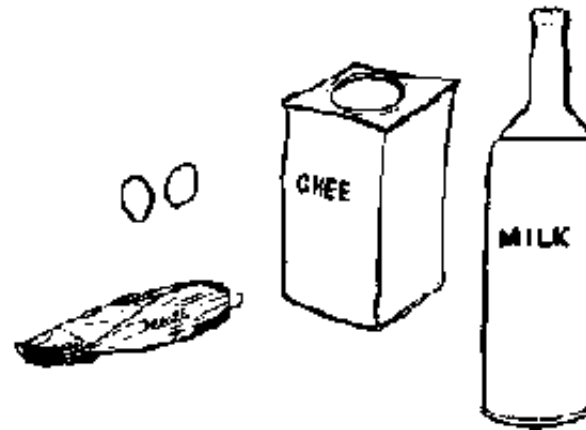
$\frac{1}{4}$

cups milk
3 teaspoons baking powder

1

$\frac{1}{2}$

cups maize meal
2 eggs



Figure

Method:

- 1. Sift flour, baking powder and salt together**
- 2. Sift in maize meal and mix well**
- 3. Break the eggs into a cup and beat well**
- 4. Measure out the milk and melted fat and add to the beaten eggs**
- 5. Make a well in the centre of the flour and pour into the mixture Mix well.**
- 6. Pour butter into the griddle making cakes about 3 inches across.**
- 7. Turn griddle cakes when they are puffed and full of little bubbles.**



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MAIZE SOUP

Ingredients:

6 cobs of maize

1 pint water

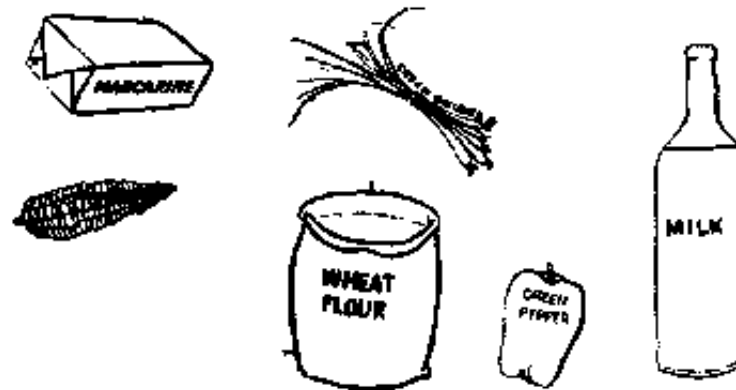
2 tablespoon flour

salt

1 onion

pint milk

Margarine if available or Kimbo



Figure

Method:

- 1. Chop all grains off 6 cobs of maize**
- 2. Add water and onion boil until soft**
- 3. Rub through a sieve add the milk**
- 4. Add in the thickening (flour and fat)**
- 5. Stirring continuously until the soup boils.**

6. Season with a little salt and pepper



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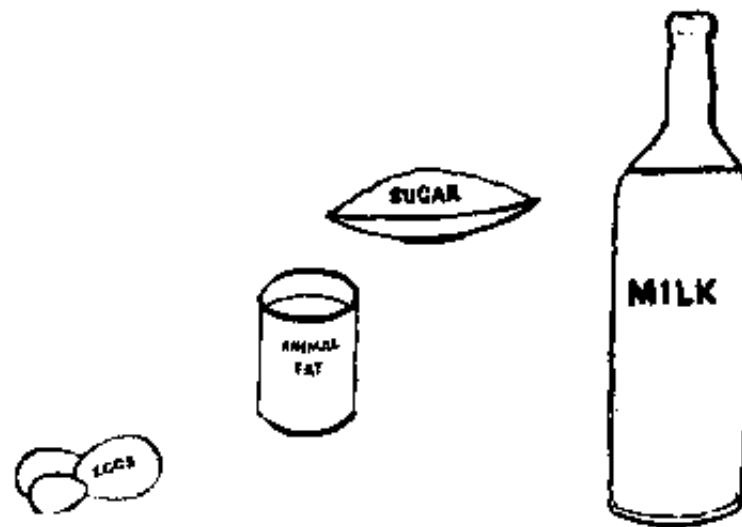


BREAD TOP OF STONE BAKING

BREAD TOP OF STONE BAKING

Ingredients:

- 2 eggs
- 3 cups of self raising flour
- 1 cup- milk
- 3 tablespoons sugar
- 4 tablespoons oil



Figure

Method:

1. Sieve sugar and flour together

- 2. Beat eggs in a bowl properly**
- 3. Mix eggs and milk together**
- 4. Make a well in the middle of the mixture, add milk and eggs**
- 5. Mix them to thicken**
- 6. Warm the pan with oil**
- 7. Put a little flour on the rolling board and place the dough over it then roll it until thick like chapati.**
- 8. Cut the dough with glass into pieces placing them on the clean pan with oil**
- 9. Brown the scones on both sides until done.**

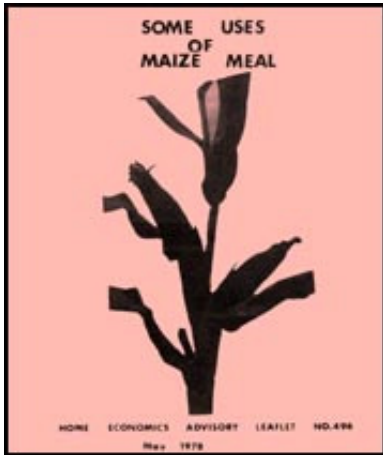


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PREFACE

The purpose of this booklet is to provide information on Uses of Maize Meal.

The aim of the booklet is to provide guidelines to our field extension staff together with housewives in use of Maize as it is a staple food for most parts of the country.

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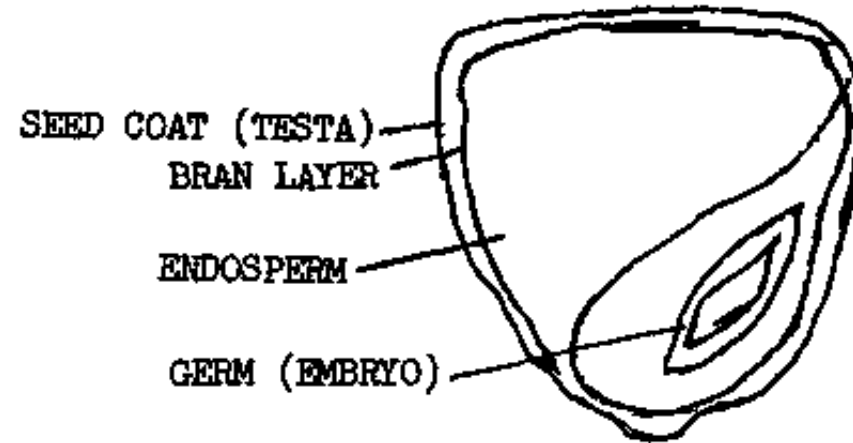
MAIZE MEAL

INTRODUCTION

In every part of Kenya maize or maize meal almost makes up a large portion of the diet. It is the staple food for the Kenya communities.

Maize meal is obtained from grinding maize grain. It is a source of energy and if not highly refined can "serve as a source of vitamin B, E, and mineral Iron.

Structure of Maize



Figure

Seed Coat - Removed in process of milling.

Bran Layers - Contain considerable amounts of minerals.

Endosperm - Contain mostly starch, with some protein.

Germ - Rich in B vitamins, also contains some vitamin E and mineral iron.

During milling the seed coat and Bran layers are removed sometimes even the germ, therefore the remaining will only provide starch to the body.

Therefore the best maize meal is the one ground at home not machine milled.

Maize meal can be used in various ways.

It is used in preparation of porridge, Ugali and cakes.

When prepared it should be served with other foods like meat and vegetable to provide the other nutrients.



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MAIZE MEAL RECIPES - FRIED MAIZE MEAL BREAD (PANCAKE SIZE)

Ingredients:

2 cups posho maize meal, or use 1

$\frac{1}{2}$

cups maize meal and

$\frac{1}{2}$

cup wheat flour

1

$\frac{1}{2}$

cups milk

2 teaspoons fat



Figure

Method:

Sift maize meal, salt, baking powder and sugar together add eggs milk and fat. Put butter on a hot greased frying pan to make cakes three inches across. The pan is hot enough when the fat chars. Turn cakes when they are puffed and full of little bubbles Turn only once. Serve hot with butter or jam, This bread is often served with cooked vegetables.


















Variation: Place small amount of filling such as cooked fish, meat, cheese or vegetable in centre of each cake and fold over.



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FRIED MAIZE MEAL BREAD (LOAF SIZE)

Use above ingredients, stir only enough to combine the liquid. and dry ingredients. Pour into a greased pan or pan cover. Cook on a thick sheet of metal over a very low heat for one hour, or until golden brown on bottom and sides, or cook in a very hot oven for 15 to 20 minutes.



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Ingredients:

 $\frac{1}{2}$

cup flour

1

 $\frac{1}{2}$

cups maize meal

1 egg beaten

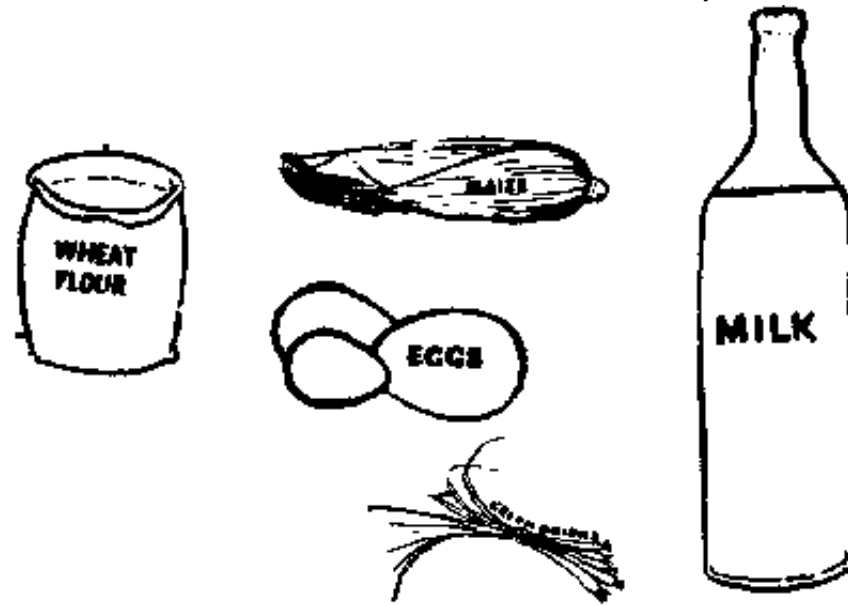
 $\frac{3}{4}$

cups milk

2 tsps. baking powder

1 tsp salt

6 tsps minced or finely chopped onions



Figure

Method:








Sift together the flour, maize meal, baking powder and salt. Add onion, beaten egg and milk. Stir lightly to moisten well. Drop a scant teaspoon of butter for each puppy into hot deep fat. Cook until brown. When done they will float. Drain on paper.



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MAIZE MEAL PORRIDGE

Ingredients

- 1 cup maize meal**
- 1 teaspoon salt**

1 cup cold water
4 cups boiling water.



Figure

Method:







Mix maize meal salt and cold water together. Stir into boiling water. Cook for thirty minutes, stirring often. Serve with butter and sugar.













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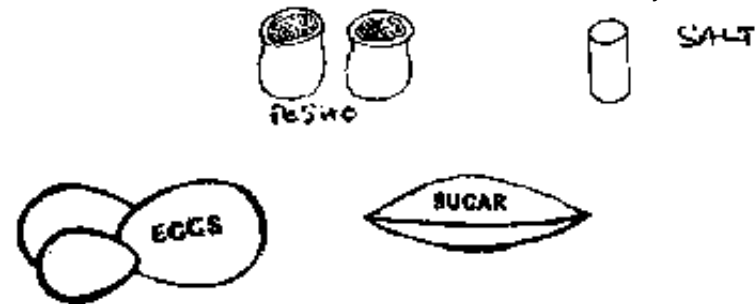
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MAIZE DODGERS (A BREAKFAST BREAD)

Ingredients:

- 2 cups maize meal (Posho)**
- 2 teaspoon sugar**
- 1 teaspoon salt**
- 1 tsp baking powder**
- 1 egg.**



Figure

Method:

Sift sugar, maize meal, salt and baking powder. Pour over this dry mixture, just enough boiling water to make it wet let it stand over night. Next morning make into flat cakes. Fry in very hot fat until brown.



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MAIZE MEAL MUFFINS

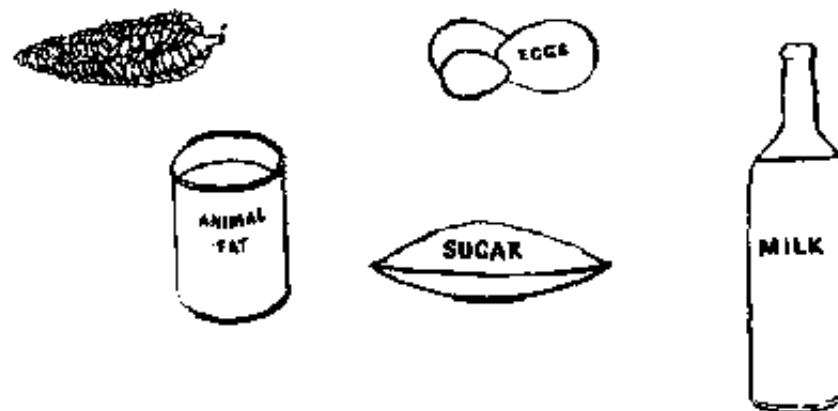
Ingredients:

- 2 cups maize meal**
- 1 tsp salt**
- 3 tsps baking powder**
- 1 tbs sugar (optional)**

1

$\frac{1}{4}$

cup milk
1 egg
3 tbs fat (melted)



Figure

Method:

Pass maize meal, salt, baking powder and sugar through a sieve. To this dry mixture add melted fat, milk and egg. Mix well. Grease muffin tins and fill three- fourths. Bake quickly in a hot oven.

