Cornbread

Grain/Bread **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	2 lb	1 qt 3 ½ cups			1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal *Or* Enriched corn grits	2 lb *Or* 2 lb	1 qt 3 ½ cups *Or* 1 qt 1 ½ cups			
Sugar	10 ½ oz	1 ½ cups			
Baking powder	2 oz	1/3 cup			
Salt		2 ½ tsp			
Frozen whole eggs, thawed *Or* Fresh large eggs	10 ½ oz	1 ¼ cups *Or* 6 each			2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		1 qt 3 ½ cups			
Vegetable oil		1 cup			
Cheddar cheese, reduced fat shredded (optional)	1 lb 8 oz	1 qt 2 cup			
Fresh green chili peppers, chopped (optional)	8 oz	1 ¾ cup 2 Tbsp			3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18” x 13” x 1”) which has been lightly coated with pan release spray. For 100 servings, use 2 pans.

					4. Bake until lightly browned: Conventional oven: 400°F for 30-35 minutes Convection oven: 350°F for 20-25 minutes 5. Cut each half-sheet pan 5 x 10 (50 pieces per pan). Notes: • Green chili peppers – 10 oz food AP. • Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Serving Size	1 Serving Provides	Yield
1 piece	1 serving of grains/breads.	9 lb 12 oz (batter); 2 half-sheet pans; 1 gallon 1 qt (batter); 100 pieces

Nutrients Per Serving

Calories	108	Vitamin A	51 IU	Iron	0.9 mg
Protein	2.65 g	Vitamin C	0.1 mg	Calcium	68 mg
Carbohydrate	18 g	Fiber	1 g	Cholesterol	13 mg
Fat	2.8 g	% Fat	23 %	Sodium	150 mg
Saturated Fat	0.5 g	% Saturated Fat	4 %		