

12/28/66

Classification: Traditional Recipes

Title: "Southern Corn Pone"

Sources of Information: Members of [REDACTED] family as taken from her undated publication of Farmer's Guide.

"Southern Corn Pone"

4 $\frac{1}{2}$ pints corn meal
3 cups boiling water
1 pint sweet milk
1 tablespoon salt
1 cup sugar
1 teaspoon soda

Put 3 pints of corn meal in a gallon crock, scald with boiling water, or sufficient amount to make a good mush. Thin with sweet milk, add salt and sugar. Then stir in 1 $\frac{1}{2}$ pints of dry corn meal. Mix this at 8:00 in the morning and let stand in a warm place until 1:00. Then add the soda dissolved in a little warm water, and stir well. Place in a well greased, covered baking pan. Bake in a slow oven for 5 hours.