

Mohawk Corn Bread

Ingredients

- 6 cups corn flour (Masa Harina)
- 3 cups oats (whole)
- 1 can (15 ounces) cooked kidney beans (dark)
- 1 teaspoon salt, to taste
- 8 cups water (boiling)
- Boiling water (1 large kettle)
- 3 tablespoon bacon grease

Nutritional

- Serving Size 1(178.4g)
- Calories 290.7
- Total Fat- 3.2g
- Saturated Fat- 0.6g
- Cholesterol- 1.3mg
- Sodium- 147mg
- Total Carbohydrate- 54.2g
- Dietary Fiber- 11.6g
- Sugars- 0.6g
- Protein- 14.2g
- Calcium- 58.4g
- Iron- 4.2g
- Vitamin C- 1mg
- Thiamin- 0.5mg

Step by Step Method

Step 1

Start a large kettle of boiling water.

Step 2

Also boil another 8 cups of water to mix in the dry ingredients.

Step 3

Using a very large mixing bowl mix the corn meal, oats, drained kidney beans and salt. Mix it thoroughly with your hands or large spoon. Before you start adding the boiling water, be sure to have a pot of cold water to dip your hands in. Now you add the boiling water a cup or so at a time as you mix it with the spoon, try to get all dry areas damp.

Step 4

Add the water until it has a doughy consistency, BUT NOT RUNNY.

Step 5

Next, to mix it good and make the balls of bread, dip your hands in the cold water and manipulate the dough as well as possible. Continue to cool off your hands often.

Step 6

Next, take a large handful of dough and shape in into a round flattened ball about 4 inches across and 2 inches deep.

Step 7

When the large pot of water is boiling slowly lower the balls into the water. Stir a bit, let them boil about 10 minutes or until the float to the surface. They are done cooking when they float, take them out with a slotted spoon.

Step 8

They can be served hot with gravy on them or after cooled they can be sliced about 1/4 inch thick and fried in bacon fat.

Step 9

Add salt and pepper to taste.