



Newsletter

No. 24

Mealies - Vegetable or Grain?

Man ate it first, now livestock eats more than we do! Mealies, also known as corn, are not only a popular food amongst South Africans but also a well favoured dish of other nationalities such as Americans, Mexicans and Egyptians.

This popular food is known as a grain depending on the stage that it is harvested. When we think of mealie bread, pudding or cornflakes – we think of it as grain. However in its whole state, it is known as the “king of vegetables.”

Obtainable as both yellow or white corn (mealies), both contain high amounts of Vitamin B and C and also small amounts of phosphorous, minerals and iron.

Mealie cobs contain plump, firm, milky kernels which are either yellow or white in colour, and is known to be one of the most digestible foods, often used for those with allergies.

High in roughage and a well balanced starch make it a high carbohydrate food. Yellow mealies are high in magnesium which aid in bowel elimination while the white mealie is high in phosphorous and therefore good for the nervous system. The protein (zein) in corn should be supplemented with legumes for a complete meal as pellagra is associated with high corn diets.

Most of us don't really know what fresh mealies taste like as this crop is aged for days in transport before it is stocked in produce shops or markets. If one is fortunate to live on a farm or small holding, the taste of fresh mealies is evident. Like spring peas, mealies are a highly perishable product. Half the sugar content of a mealie is lost in one day, from picking to the pot.

Products made from mealies

- *Maizena, refined as a fine white flour also known as Cornstarch, is used as a thickener in foods such as stews, soups, gravies, and sauces. It also gives baked goods a lighter texture. It does however have no nutritional value.*
- *Maizena mixed with Baking soda is effective in eliminating odours in your refrigerator.*
- *Mealie Meal is made from a variety of processed corn to produce a porridge or is often used as a main meal i.e. “putu pap”.*
- *Popcorn is a variety of corn which has been dried and heated in a small amount of oil or if microwaved, it produces a white puffy kernel.*
- *Corn Flakes is a popular breakfast cereal enriched with vitamins and minerals.*
- *Corn Tortillas is made from corn flour, water and salt and along with corn chips, is a good addition to a meal. It is a Mexican dish that has become a popular meal, eaten rolled around beans or salad ingredients.*
- *Tacos are tortillas which have been made into a V-shape and eaten with a filling.*
- *Corn butter is made by blending 1 cup of mealies with 1/3 tsp salt and 2 – 3 cups water. It may be eaten as a dip or spread for those who avoid butter or margarine.*
- *Corn syrup is a by-product of the mealie and is used in baked goods, preserves, jams, jellies, ice cream, and even some baby foods.*
- *Corn sugar is converted from corn starch and can be used in frozen ice cream, some baked goods, confectionary, jellies and as a table syrup as well as in canned foods.*

Mealies are not only an excellent food source but can be used medicinally as well.

In the form of Maizena it can be used:

- *as a natural deodorant as it absorbs body odour.*
- *as a preventive measure against athlete's foot. Put powder inside your socks and shoes.*
- *as an anti-chafing agent instead of powder.*

Cornsilk can be used:

- *as an effective diuretic, cornsilk has been used effectively as a tea to treat swelling, caused by kidney disease. As a tea, 16g of cornsilk simmered in 2 cups of boiling water can be taken twice a day.*

RECIPES YOU CAN GET YOUR TEETH INTO.

Indian Corn Pudding

- 1 cup water
- 1 tsp vanilla
- ¼ tsp salt
- 2 Tbsp raisins
- ½ cup cornmeal (mealie meal)
- 2 Tbsp fine coconut
- ¼ cup apple concentrate
- ¼ cup non-dairy milk (soya or rice)
- ¼ tsp coriander powder

Pre-heat the oven to 180°C.

Boil the water and salt in a pot and add the corn meal slowly while stirring, so that the water in the pot never stops boiling. Cook over medium heat until the mixture is thick. Measure the apple concentrate in 1 cup adding the vanilla and coriander as well. Pour into the corn meal mixture and mix well.

Add the raisins and coconut and mix again. Pour into a 2 cup baking dish and gently pour the milk over the top of the pudding. Place in the oven and bake for 50 – 60 minutes.

Serve hot as a dessert. **(2 servings)**

Stuffed Mealie Husks

- 30ml olive oil
- 1 onion, finely chopped
- 3 tomatoes, skinned and chopped
- Salt and pepper
- 12 mealies, kernels removed

Mix oil, onion, tomatoes, salt and pepper with the kernels.

Place the husk leaves on top of each other to form a cross and place 60ml mealie mixture on top. Fold the husk leaves up into a package and tie securely with strips torn from the husks. Braise the stuffed husk leaves in a little boiling water for 15 minutes, until the package is firm to touch. Serve hot allowing each to open his own package.

Makes 8 – 10.

Remember – the only time you are allowed to put your elbows on the table is when you are eating your mealie!

WE OFFER YOU

Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

Products Available in the shop:

Herbal Teas:

Cornsilk Tea @ R8.50 per pkt.
Goldenseal Root @ R82.00 per pkt
Licorice @ R13.00 per pkt
Nettle @ R14.00 per pkt
Pau d' arco @ R12.50 per pkt
Bodicare, Anytime Toasted Malted Wheat @ R11.00 per 200g
Bodicare, Anytime Oat Bran @ R20.25 per 500g
Bodicare, Plain Barley Malt @ R24.00 per 500g
Bodicare, Crude black Molasses @ R12.00 per 500g
Almonds @ R12.00 per 100g
Pecan Nuts @ R19.00 per 100g
Walnuts @ R17.00 per 100g
Cashew Nuts @ R13.00 per 100g
Sunflower Seed @ R5.00 per 100g

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THINK ABOUT THIS.....

"ABILITY IS WHAT YOU'RE CAPABLE OF DOING. MOTIVATION DETERMINES WHAT YOU DO. ATTITUDE DETERMINES HOW WELL YOU DO IT." - RAYMOND CHANDLER

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