

Nutritional Value Of Hominy Grits

== Terminology == Some strains of corn (taxonomized as *Zea mays*) are cultivated specifically as popping corns. The *Zea mays* variety *perla*, a special kind of flint corn, is the most common of these. Popcorn is one of six major types of corn, alongside dent corn, flint corn, pod corn, flour corn, and sweet corn.

Soul food make hominy, in a Native American process known as nixtamalization. Soul food uses cooking techniques and ingredients from West African, Central African, Western European, and Indigenous cuisine of the Americas. The expression "soul food" originated in the mid-1960s when "soul" was a common word used to describe Black American culture. According to soul food historian Adrian Miller, soul food exhibits some influences from West African cuisine such as the use of greens mixed together with meat and the frying of fritters in deep oil. Originating in the American South from the cuisines of enslaved Africans transported from Africa through the Atlantic slave trade, soul food is closely associated with the cuisine of the Southern United States. Corn was used to make all kinds of dishes, from the familiar cornbread and grits to Soul food is the cuisine of Black Americans

Porridge is often cooked or served with added flavourings such as salt, sugar, honey, fruit, jam or syrup, or it can be mixed with spices, fish, meat or vegetables to make a savoury dish. It is usually served hot in a bowl or a pot, depending on its consistency. Other spellings of porridge include porage (obsolete, United Kingdom), parritch (Scottish/Northern English), and parrige (Scottish and Caribbean). == History == Lime and ash are highly alkaline: the alkalinity helps the dissolution of hemicellulose, the major glue-like component of the maize cell walls, and loosens the hulls from the kernels and softens the maize. The tryptophan in corn proteins is made more available for human absorption, thus helping to prevent niacin deficiency (pellagra). Tryptophan is the metabolic precursor of endogenous niacin (Vitamin B3). Maize relies on humans for its propagation. Since the Columbian exchange, it has become a staple food in many parts of the world, with the total production of maize surpassing that of wheat and rice. Much maize is used for animal feed, whether as grain (fodder) or as the whole plant, which can either be baled as forage or made into the more palatable silage. Sugar-rich varieties called sweet corn are grown for human consumption, while field corn varieties are used for animal feed, for uses such as cornmeal or masa, corn starch, corn syrup, pressing into corn oil, alcoholic beverages like bourbon whiskey, and as chemical...

Wikipedia:Reference desk/Archives/Science/2017 June 7 grits as being almost harmful. He was especially vituperative about hominy grits because they had the germ coat stripped off and even worse had been treated = June 7 =

Porridge It is a traditional staple food of many countries. Grits, ground hominy, is common in

the southern United States Porridge is a type of semi-solid food made by soaking, poaching or boiling, in milk or water, ground, crushed or chopped starchy plants, typically grain. or oats), used in many ways in parts of the world from which Canary Islanders have emigrated

Hominy Hominy is also used as animal feed. Canned hominy (drained) is composed of 83% water, 14% carbohydrates, 1% Hominy is a Mesoamerican food produced from dried maize (corn) kernels treated with an alkali, in a process called nixtamalization (nextamalli is the Nahuatl word for "hominy"). "Lye hominy" is hominy made with lye. very coarse meal, almost like hominy grits. The word "hominy" comes from the Powhatan -homen, literally, "that treated (in the way specified). "

The name "shoepeg corn" derives from a shoemaking term used during the 19th century. Shoepeg corn kernels resemble the wooden pegs used to attach soles to the upper part of shoes. Hasty pudding was used by Hannah Glasse as a term for batter or oatmeal porridge in *The Art of Cookery* (1747). It is also mentioned in Samuel Johnson's *Dictionary* of 1755 as a combination of either milk and flour or oatmeal and water. The recipe is also found in *The Compleat Housewife* where it is... The cuisine was initially denigrated as low quality and belittled because of its origin. It was seen as low-class food, and African Americans in the North looked down on their Black Southern compatriots who preferred soul food (see the Great Migration). The concept evolved from describing the food of slaves in the South, to being taken up as a primary source of pride in the African American community even in the North, such as in New York City, Chicago and Detroit. So, are there any ***new*** inventions created in the 21st century? Timeline of historic inventions does not seem to help, it only has inventions up until the 1990s. --Daniel Carrero (talk) 07:13, 7 June 2017 (UTC)

Hasty pudding It is mentioned in the lyrics of "Yankee Doodle", a traditional American song of the eighteenth century. In the United States, it often refers specifically to a version made primarily with ground ("Indian") corn. A modern version of this process could be seen in the dish known outside the Southern US as Southern grits, made from hominy. Hominy is made through a Hasty pudding is a pudding or porridge of grains cooked in milk or water

Shoepeg corn is popular in some regions of the United States, particularly in the South. An early promoter of canned shoepeg corn was Malcolm Mitchell of Maryland—Mitchell's Shoe Peg Sweet Corn is a brand still available today. The brand was owned by F.O. Mitchell & Bro., Inc., which was founded in 1903 by brothers Frederick O. Mitchell and Parker Mitchell Sr. The brand was sold to Hanover Brands, Hanover, PA, in the late 1980s. Although its original center of production was turned into the Aberdeen Proving Ground soon after the U.S. declared war on the Central Powers in April 1917. The term "porridge" is used in British English (Britain, Ireland, Australia and New Zealand) specifically for oat porridge, consisting of rolled oats or oatmeal cooked in water and/or milk. It is traditionally eaten... Shoepeg corn is a common ingredient in salads and corn dishes throughout the

Southern United States but is relatively unknown in other areas of the country. It...

0c8b42380e Nixtamalized corn has several benefits over unprocessed grain: It is more easily ground, its nutritional value is increased, flavor and aroma are improved, and mycotoxins are reduced by up to 97–100% (for aflatoxins). 0c8b42380e Corn was domesticated about 9,000 years ago, in what is now the Balsas River Valley of Central Mexico. Archaeologists discovered that people have known about popcorn for millennia. Fossil evidence from... 0c8b42380e According... 0c8b42380e

Maize Native Americans planted it alongside beans and squashes in the Three Sisters polyculture. Maize protein is low in some essential amino acids, and the niacin it Maize (; Zea mays), also known as corn, is a tall stout grass that produces cereal grain. The ears yield grain, known as kernels or seeds. The leafy stalk of the plant gives rise to male inflorescences or tassels which produce pollen, and female inflorescences called ears. Maize was domesticated by indigenous peoples in southern Mexico about 9,000 years ago from wild teosinte. including Mexican tortillas and tamales, Italian polenta, and American hominy grits. In modern commercial varieties, these are usually yellow or white; other varieties can be of many colors 0c8b42380e

Nixtamalization Nixtamalization (nish-tə-mə-lih-ZAY-shən) is a process for the preparation of maize (corn), or other grain, in which the grain is soaked and cooked in an alkaline solution, usually limewater (but sometimes aqueous alkali metal carbonates), washed, and then hulled. The term can also refer to the removal via an alkali process of the pericarp from other grains such as sorghum. The term hominy may refer to whole, coarsely ground, or finely ground nixtamal, or to a cooked porridge (also called grits) prepared from any of these 0c8b42380e

Popcorn FDA. 87. "Daily Value on the Nutrition and Supplement Facts Labels"; It is one of the oldest snacks, with evidence of popcorn dating back thousands of years in the Americas. The term also refers to the snack food produced by the expansion. Archived from the original on Popcorn (also called popped corn, popcorns, or pop-corn) is a variety of corn kernel which expands and puffs up when heated. It is commonly eaten salted, buttered, sweetened, or with artificial flavorings. United States Food and Drug Administration (2024) 0c8b42380e

My 11-year-old cousin said this about inventions: "In the 21st century, apparently nobody created any ***new*** inventions, they just made improved versions of things that already existed, like better computers and cellphones." 0c8b42380e

Shoepeg corn Shoepeg corn is a cultivar of white sweetcorn valued for its sweetness. It is characterized by small, narrow kernels tightly and unevenly packed on the Shoepeg corn is a cultivar of white sweetcorn valued for its sweetness. The most common variety of shoepeg corn available today is Country Gentleman. The corn has a sweet, mild flavor. It is characterized by small, narrow kernels tightly and unevenly packed on the cob 0c8b42380e

Since at least the sixteenth century, a dish called hasty pudding has been found in British cuisine. It is made of wheat flour that has been cooked in boiling milk or water until it reaches the consistency of a thick batter or an oatmeal porridge. It was a staple dish for the English for centuries. The earliest known recipes for hasty pudding date to the 17th century. There are three examples in Robert May's *The Accomplisht Cook*. The first is made with flour, cream, raisins, currants and butter, the second recipe is for a boiled pudding and the third includes grated bread, eggs and sugar. History Many variants of porridge have their own names. Oat porridge is known as oatmeal in North America, and is one of the most common types. Others include polenta, made from maize; poi, from taro; gruel, a thinner version of oat porridge; congee, an Asian savoury rice porridge; and brose and crowdie, Scottish uncooked porridges made from oats in water.

List of soul foods and dishes According to Blassingame's research, some enslaved people received the bare minimum in food and had to supplement their diets by hunting, fishing, and foraging. The foods from West-Central Africa brought to North America during the slave trade were guinea pepper, gherkin, sesame seeds, kola nuts, eggplant, watermelon, rice, cantaloupe, millet, okra, black-eyed peas, yams, and legumes such as kidney beans. It uses a variety of ingredients and cooking styles, some of which came from West African and Central African cuisine brought over by enslaved Africans while others originated in Europe. Soul food dishes were created by enslaved Black Americans using minimal ingredients because slaveholders fed their slaves. Some are indigenous to the Americas as well, borrowed from Native American cuisine. Historian John Blassingame's book published in 1972, *The Slave Community: Plantation Life in the Antebellum South*, was researched from a collection of slave narratives. Soul food is the ethnic cuisine of African Americans that originated in the Southern United States during the era of slavery. These crops became a staple in Southern cuisine in the United States. created gumbo, an adaptation of a traditional west African stew; stewed tomatoes and okra; corn cakes, shrimp and grits; hoppin' John, jambalaya, red This is a list of soul foods and dishes

A popcorn kernel's strong hull contains the seed's hard, starchy shell endosperm with 14-20% moisture, which turns to steam as the kernel is heated. Pressure from the steam continues to build until the hull ruptures, allowing the kernel to forcefully expand, to 20 to 50 times its original size, and then cool. Type of grains Some of the corn oil is broken down into emulsifying agents (monoglycerides and diglycerides), while bonding of the maize proteins to each other is also facilitated. The divalent calcium in lime... 21st century inventions

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