

## Diet

Appalachian Melungeons originally adopted the diet of the Appalachian indigenous people, with an emphasis on corn, beans, and squash. Over the years the diet became less healthy with its emphasis on pork, lard, and starchy carbohydrates. A staple food at most meals was and is cornbread.

### Healthy recipe

#### **Cream of wheat "corn" bread (serves 6-8)**

*This recipe was provided by a Tennessee Melungeon leader, Jack Goins, as a healthy alternative to the traditional cornbread*

#### *Ingredients*

1 cup self-rising flour  
½ tsp. salt  
1 cup cream of wheat (use whole grain, if available)  
2 tbsp. baking powder  
1 egg  
1 cup milk  
¼ cup of corn (or canola) oil

#### *Directions*

1. Preheat oven to 425 degrees.
  2. Combine flour, salt, baking powder and cream of wheat.
  3. Add milk, oil and egg.
  4. Beat until smooth.
  5. Pour into Iron skillet\* and bake 25 min at 425 degrees.
  6. Cut into serving-size pieces, butter, and serve with squash soup (see Creek recipe).
- *Most Appalachians still use cast iron skillets for cornbread. They can be washed, but not in very hot water. The heat tends to take the 'temper' out of the iron. Keeping the skillets 'cured' is necessary. Get them very hot, smear lard all over and allow the lard to soak in and cool; repeat if necessary. This was once done over open fires.*