



KENTUCKY KERNEL
Since 1810
Seasoned Flour

VALUE SIZE

KENTUCKY KERNEL
Since 1810
Seasoned Flour

Perfect Coating For:
CHICKEN, CHOPS, BEEF,
SEAFOOD, VEGETABLES
& GRAVIES



Delicious Baked or Fried!
10 Herbs & Spices!

1222L

KENTUCKY KERNEL
Since 1810

VALUE SIZE

A COMPLETE
SEASONED COATING

NO PRESERVATIVES,
ARTIFICIAL COLORS
OR FLAVORS

NO SUGAR ADDED

OUR GUARANTEE

Kentucky Kernel® is dedicated
to satisfying consumer demand
for fine quality food products.
If for any reason you are not
satisfied with this product,
we'll make it right. Simply
send the complete bottom
of this box and your
purchase price to:

Kentucky Kernel
c/o Hodgson Mill, Inc.
1100 Stevens Avenue
Effingham, IL 62401

Look for the entire
line of Kentucky Kernel®
products in the **Flour, Corn
Meal, Batter Mix** and
Baking Mix sections of
your supermarket.

www.HodgsonMill.com

Visit our website or call for our
FREE CATALOG & RECIPES!
800.525.0177

Parve
Sealed Inner Bag

Nutrition Facts

Serving Size 4 tsp. (12g)

Servings Per Container 52

Amount Per Serving (Dry)

Calories 35

Calories from Fat 0

% Daily Value*

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 510mg

Total Carbohydrate 8g

Dietary Fiber 0g

Sugars 0g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

*Percent Daily Values are based on a

2,000 calorie diet. Your daily values may be

higher or lower depending on your caloric

needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

INGREDIENTS: ENRICHED AND BLEACHED

WHEAT FLOUR (NIACIN, IRON, THIAMINE,

RIBOFLAVIN, FOLIC ACID); SALT; NATURAL

SPICES; EXTRACTS; AND HERBS.

Manufactured by Hodgson Mill, Inc.

1100 Stevens Avenue, Effingham, IL 62401

Produced in a peanut/tree
nut free environment.



This package sold by weight, not by volume.
Contents may have settled during shipping.

Southern Fried Chicken

Rinse chicken. Coat with Kentucky Kernel® Seasoned Flour.
Fry in approx. one inch of preheated shortening 380° to 400° F.

Oven Fried Chicken

Heat oven to 400°F. Heavily grease a shallow pan, skillet or glass baking dish with
butter or margarine. Moisten chicken with water (melted margarine or butter if
preferred). Roll in Kentucky Kernel® Seasoned Flour. Place chicken in prepared baking dish.
Turn and bake an additional 20 to 30 minutes (or until done). Also works well for baked pork chops.

Fried Vegetables

(Mushrooms, Zucchini, Egg Plant, Okra, Onion Rings, Potatoes, Cauliflower, Green Tomatoes.) Make batter by mixing 5 Tbsp.
Kentucky Kernel® Seasoned Flour with 1 egg. Add 2 Tbsp. water. Dip vegetables into batter, remove, and liberally coat with dry
Kentucky Kernel® Seasoned Flour. Fry coated vegetables in approximately 2 inches shortening (temp 350°) for about 2 minutes
or until golden brown.

Fried Seafood

Dip seafood in mixture of egg and milk. Liberally coat with Kentucky Kernel® Seasoned Flour. Fry approximately 3 to 4 minutes or
until golden on each side. Drain on paper towel and serve.

White Sauce

Stir 2 Tbsp. of melted butter with 2 Tbsp. Kentucky Kernel® Seasoned Flour. Blend in 1 cup milk. Simmer and stir the sauce until desired
thickness. For **MORNAY SAUCE**, combine 1 egg yolk with 2 Tbsp. cream. Blend into white sauce. Add 2 Tbsp. Parmesan or Gruyere
Cheese (grated). While simmering, stir cheese constantly until melted. For **SAUSAGE GRAVY**, blend fried sausage bits into White Sauce.

Sausage Balls

Ingredients: 2 cups Kentucky Kernel® Seasoned Flour, 2 lbs. mild sausage, 4 cups sharp cheddar cheese (shredded).
Mix all ingredients. Form into balls about 1" diameter. Place on ungreased cookie sheet. Bake at 350° for about 20 minutes. Remove from
cookie sheet when done and allow to drain on paper towels to remove excess fat. Serve while warm. Sausage balls may be frozen for several
weeks. When needed, remove from freezer and heat in warm oven. Yield: Approx. 100.

Meat Loaf

Ingredients: 1 onion, 1 stalk celery, 4 or 5 mushrooms, 2 lbs. ground beef, 1 cup Kentucky Kernel® Seasoned Flour, 1/2 cup milk, 2 eggs.
Chop and blend together onion, celery and mushrooms; saute chopped vegetables. Mix with ground beef. Blend and add
Kentucky Kernel® Seasoned Flour, milk and eggs. Form meat loaf and bake at 375° in a greased loaf pan or baking dish for approx. 60 minutes.

Tempura Batter

Ingredients: 1 egg, 2 cups Kentucky Kernel® Seasoned Flour, 2 Tbsp. corn starch, 2 tsp. baking powder, 1-1/2 cups water.
Mix egg and dry ingredients. Add water, stir until ingredients are well mixed. Dip fish, shrimp, vegetables, etc. in mixture and
deep fry (medium-high heat) with ample shortening (min. of 2 inches). Fry each side until golden brown.

Roux (mixture of butter, flour and spices to flavor and thicken.)

Ingredients: 2 oz. butter, margarine or oil, 1/3 cup Kentucky Kernel® Seasoned Flour.
Melt butter over medium heat, blend in Kentucky Kernel® Seasoned Flour until
roux is like a thick batter. To enhance creamed soups and vegetables, and for
delicious sauces or gravies, add 1 or 2 Tbsp. of roux (to taste).

Country Fried Beef or Chops (shown)

Liberally coat moist pieces of beef or chops with Kentucky Kernel® Seasoned
Flour. Fry in skillet (in approximately 1/4 inch shortening) over medium heat on
each side until done.



NET WT. 22 oz. (623 g.)

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USE BY:

6 1/8

2 1/4

17 11/32

8 1/4 12 3/4