

Recipe for Johnny Cakes

Johnny Cakes are corn bread, really more like a pancake, that settlers learned how to make from Native Americans. Cornmeal was easier to grow and grind and less expensive than wheat flour. The Pilgrims who landed in 1620, for example, brought wheat and rye seed with them, but found that corn was easier to grow.

Johnny Cakes were good hot, but often were made to take on a trip. Sometimes they were called **Journey Cakes**. On special occasions, honey or maple syrup were poured over the Johnny Cakes. If an egg was available, it could be added to the batter.

Johnny Cakes

Ingredients

1/2 cup cornmeal
1/4 teaspoon salt
2/3 cup boiling water
Shortening for greasing the skillet

Mix the cornmeal and salt in a bowl. Pour the boiling water over the cornmeal and stir. Let the mixture stand for about five minutes. If the mixture is too thick to spread in the pan, add one to two tablespoons of water.

Heat a lightly greased skillet or griddle. Pour the mixture into the skillet. You can cook the entire recipe at once or you can make small cakes.

Cook at medium heat for about 5 minutes.