

# Johnnycakes

Johnnycakes were originally called Shawnee Cakes, after the Native American tribe who taught the settlers how to make them. There was an abundance of corn in America, and corn was easy to dry and travel with when families were traveling across the country. So these cakes became a common breakfast item for pioneers and railroad workers, they even ate them for lunch and dinner too because they were easier to make than cornbread.

## *Ingredients:*

2 cups fine-ground yellow or white cornmeal

1 tablespoon sugar

1 1/2 teaspoon salt

2 cups boiling water (ask an adult to help you heat the water and add it to the mix)

1/2 cup milk

Butter (for the pan)

*Before you start: have an adult start boiling some water. If your making the Honey Butter Spread also take out the ¾ cups of butter to sit out and get to room temperature.*

## *Steps:*

In a medium bowl, whisk together cornmeal, sugar and salt. Pour in boiling water and mix until you form a paste.

Gradually add in milk and stir, stopping occasionally to check the consistency of the batter. It should feel like thin mashed potatoes. (You may not need all the milk, or you may need a little more than 1/2 cup to get the right consistency)

Have an adult cook up the Johnny Cakes while you get the toppings ready.

In a cast-iron skillet, on a griddle, or in a frying pan, melt 1 tbsp butter. Spoon tablespoonfuls of the batter onto the skillet, spreading them out to about a 2-inch diameter. Cook on each side until golden brown, about 4-6 minutes. Make sure you have a generous layer of butter on the bottom of the skillet or griddle when making these so they soak up the flavor.

Serve warm with syrup, honey butter, or your favorite pancake toppings.



## **Honey Butter Spread:**

¾ cup butter at room temperature (or you can soften it in a microwave)

¼ cup of honey

Mix the ingredients together until smooth. If it is too hard to mix warm it slightly in the microwave. Set your microwave to half power and warm it 20 seconds at a time, just until you can mix it.

