

JOHNNY CAKES

During colonial times, Johnny cakes were likely to appear at any meal. Many think that the original name was "Journey Cakes", because they were so often taken along on a journey, since they could be stuffed into a traveler's pockets. Try them hot or cold, with butter and syrup.

Ingredients:

1 cup yellow cornmeal

1/2 teaspoon salt

1 cup boiling water

1/2 cup milk

Mix the cornmeal and salt.

Add the boiling water, stirring until smooth.

Add the milk. Stir well.

Grease a heavy, 12-inch frying pan. Set over medium-low heat.

Drop teaspoons of the batter onto the pan. Cook until golden, about five minutes.

Turn the cakes carefully with a metal spatula.

Cook the other side five minutes.

Serve the cakes hot with butter and maple syrup. Makes 12-15 cakes. Source:
Colonialcooking