

CONSTITUTION DAY – JOHNNYCAKES

Johnnycakes were also called “journey cakes” because they kept well on long trips.

Corn in the Colonies: American Indians taught colonists how to grow corn. Fresh corn was eaten right off the cob or mixed into stews. But corn was usually dried and ground into cornmeal for bread.

American Indians also made popcorn, which they sometimes served with maple syrup.

TOOLS

Measuring cups & spoons

Small saucepan

Medium mixing bowl

Potholder

Wooden spoon

Paper towels

12-inch skillet

Spatula

Ovenproof plate

INGREDIENTS

1 cup water

2 tablespoons butter

1 cup yellow cornmeal

½ teaspoon salt

½ teaspoon sugar

½ cup milk

Butter to grease skillet

Apple butter or your favorite syrup

DIRECTIONS *(Makes 12 cakes)*

1. Heat the water and butter in the saucepan over medium-high heat until they boil, or bubble rapidly.
2. While the water and butter are boiling, put the cornmeal, salt, and sugar into the mixing bowl.
3. Have an adult pour the boiling water and butter into the mixing bowl. Add the milk and stir the batter until it is well mixed.
4. Use paper towels to grease the skillet with butter. Then heat the skillet over medium-low heat.
5. Drop 6 spoonfuls of batter into the skillet. Let the cakes cook about 5 minutes, until they are golden brown.
6. Use the spatula to turn over the cakes. Let the other side of each cake cook for another 5 minutes.
7. Use the spatula to move the cakes from the skillet to an ovenproof plate. Keep them warm in a 200° oven.
8. Drop a spoonful of butter into the hot skillet and let it melt. Tilt the pan to coat the bottom of the skillet evenly with the melted butter.
9. Cook the rest of the johnnycakes following steps 5 through 7.
10. When all the cakes are cooked, serve them with apple butter or syrup.

