

Johnny Cakes Recipe

2 cups corn flour*

2 cups of hot water**

2 tsp of salt

3 tbs of lard, butter, or cooking oil to grease your pan

Directions:

1. Mix the corn flour and salt in a bowl until it is all the salt is incorporated.
2. Slowly add your hot water, stirring as you go until you have a stiff dough.
3. Once your dough is made, form it into small flat cakes about three inches in diameter and a quarter of an inch thick; thin enough so that they easily cook all the way through.
4. In a frying pan, melt enough lard or butter over medium heat so that it generously covers the bottom of your pan. Once melted put a Johnny Cake into the frying pan. Let cook until it is golden brown and crispy, then flip, and do the same on the other side.
5. Serve as a side dish to salt pork or other meat recipe. Also, can be served plain or with butter, honey, molasses, or syrup.

*corn meal can be used as well, however, the final Johnny cake will be of a much coarser consistency

**warm milk can be substituted for hot water