

CURIOSITY KIDS PRESENTS

GRISTMILL

JOHNNY CAKE RECIPE

Cornmeal was an important grain milled in the gristmills of Pennsylvania for over 300 years.

Johnny Cakes was one of the most popular baked goods using cornmeal. The oldest printed recipe for Johnny Cakes was by Amelia Simmons found in *American Cookery* in 1796. This cookbook is considered the first American cookbook. Before 1796 all printed cookbooks came from England. Ms. Simmons wanted to create a cookbook that included food that you could find in Americas.

AMELIA SIMMONS ORIGINAL RECIPE

"Johnny Cake or Hoe Cake"

Cornmeal, flour, milk, molasses, shortening, salt, cold water (no instructions were included)



Give this modern version a try

Johnny Cake

1 cup cornmeal ¼ cup milk
¼ cup flour 1 tablespoon of butter
¼ cup molasses or maple syrup

1. Mix cornmeal and flour
2. Add milk and syrup and stir with a spoon
3. Melt butter in frying pan on medium heat
4. Divide batter into 4 balls and place in pan
5. Flatten the batter
6. Cook for 2 minutes and flip
7. Cook until both sides are lightly browned (like pancakes)

ENJOY!