



Bake off/Cook out

Pull out those family recipes. Share yummy food stories with your family and friends—compete with eats!

To get you started, here is a recipe from our state.

Johnnycakes

Mountain Gateway Museum

Collected by the Old Fort Historical Sites Foundation and published in 2013, *Potlikker, Pones and Potables* features recipes collected from community members that focus on foods of western North Carolina. Divided by seasons, each section features recipes for main courses, teas, desserts and more that correspond when they would be best in season. If you want to try more recipes like the one below, the book retails for \$10 at the Mountain Gateway Museum.

Corn was the stuff of life for American Indians, and colonists learned early of its value. Used in a variety of ways, it became a staple they could not do without. Cornmeal was carried by both Indians and colonists when traveling or hunting, for when mixed with cold water it could be made into a gruel and eaten uncooked. With extra cornmeal, the gruel could also be made into “journey cakes” or “Johnnycakes” and fried or baked. These cakes could be carried easily in any situation.

2 cups white cornmeal
2 cups boiling water
2 teaspoons salt
1/2 cup cold milk
2 tablespoons butter or margarine

Combine cornmeal, salt, and butter or margarine in a mixing bowl. Slowly add to boiling water, stir until butter melts and liquid is absorbed. Stir in milk; cool to room temperature, stirring occasionally.

Heat cast iron frying pan, or griddle, to 350 degrees; grease lightly. Pour ¼ cup batter per pancake onto hot pan, with enough space that the pancake can spread to about 5 inches across. Cook 3 minutes on each side, or until browned. Put on warm plate or keep in oven. Butter and molasses were the traditional accompaniment at home, but maple syrup could be substituted.

