

Johnnycake Recipe

Courtesy of the Narragansett Food Sovereignty Initiative

Johnnycakes are a traditional food enjoyed by the Narragansett Indian Tribe and other indigenous people. They are made from dried cornmeal, which made them a staple food during the scarce winter months. They were also often used as a quick, portable food that could be eaten on journeys, giving the food its name.

Yield: About 8-10 cakes

Ingredients:

1 c of cornmeal

½ t salt

1 t sugar

1 ¼ c boiling water

Directions:

1. Mix all dry ingredients thoroughly, then gradually stir in boiling water, scalding the corn, and stirring to mix and avoid lumps. Batter will be thick.
2. Heat griddle or frying pan over medium-high heat.
3. Drop about two tablespoons of batter onto a hot, well-greased griddle or frying pan.
4. Flip when edges are golden and firm, approximately 3 minutes. Cook for 1 minute on the other side or until golden.
5. Serve with butter and maple syrup, if desired.

