



## Colonial Cooking

*Cooking was an essential part of Colonial life. In buildings like the Hibbs House, McConkey's Ferry Inn, and Thompson Neely House, families cooked for themselves in large open hearths.*

### Recipe: Making Johnnycakes (makes 12)

***History of Johnnycakes:** Johnnycakes are essentially pancakes made out of cornmeal. No one knows where the name Johnnycakes came from – they could also be called Journeycakes or Hoecakes. Johnnycakes could be eaten with honey, sugar, apple butter, or maple syrup. They could also be served in place of bread at meals, or packed for trips, including soldiers on campaign.*

Ingredients	Instructions
<ul style="list-style-type: none"> <li>• 1 cup water</li> <li>• 2 tablespoons butter</li> <li>• 1 cup yellow cornmeal</li> <li>• ½ teaspoon salt</li> <li>• ½ teaspoon sugar</li> <li>• ½ cup milk</li> <li>• Extra butter to grease skillet</li> <li>• Saucepan, skillet, mixing bowl, spoon/spatula, and stove</li> </ul>	<ol style="list-style-type: none"> <li>1. Heat <b>water</b> and <b>butter</b> in saucepan until they boil</li> <li>2. Put <b>cornmeal, salt and sugar</b> in mixing bowl while water/butter boil</li> <li>3. Pour boiling water/butter mixture into mixing bowl. Add <b>milk</b>. Mix well.</li> <li>4. Heat <b>extra butter</b> in skillet over medium heat</li> <li>5. Drop spoonfuls of batter into skillet. Cook 3-4 minutes until bubbles form on surface. Flip cakes over with spatula. Cook on the other side.</li> <li>6. Remove cakes with spatula and keep warm. Repeat steps 4-5 until mixture is done</li> <li>7. Serve with maple syrup, sugar, or honey</li> </ol>

***Did You Know?** Corn was shucked off the cob in cornshuckers like this one (though this is a later version). It was then ground into cornmeal and flour in mills like the one owned by Robert Thompson in 1776. Today, Washington Crossing Historic Park features a restored and operational gristmill!*

***For more information on milling and cooking, check out Eric Carle's "Pancakes Pancakes!"***

