

Johnnycake Recipe

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A johnnycake is simply a cornmeal pancake. It originated with the American Indians. The Colonials originally called them “journeycakes” as they were prepared and taken on their journeys.

Ingredients:

1 cup stone-ground cornmeal
1 cup boiling water
1/2 teaspoon salt
1/4 cup milk
1 tablespoon sugar
bacon drippings

Instructions:

1. Combine cornmeal, sugar, and salt in a medium bowl.
2. Pour boiling water into cornmeal mix and stir well. Thin immediately with milk until the mixture is the consistency of thin mashed potatoes or drops easily from a spoon.
3. Drop by spoonfuls onto a medium hot griddle or large iron skillet greased with 1–2 tablespoons of bacon grease. Cook 5–6 minutes on each side until a brown crust is formed and the inside is soft.
4. Serve hot with maple syrup or apple butter.

Yield: 10–12 (3-inch) johnnycakes

Chicken and Dumplings

Stew Ingredients:

1 cup chopped onion
1 cup sliced carrots
1/2 cup chopped celery
3 cups water
salt and freshly ground pepper
bay leaf
1 (3–4 pound) stewing chicken or any combination of chicken parts (bone in)
3 bouillon cubes/packets
2 cans shoepeg or white corn, drained
4 sprigs parsley, chopped

Instructions:

1. In a large Dutch oven, add water, onions, carrots, celery, bay leaf, salt and pepper.
2. Add chicken to the pot and simmer until it pulls easily off the bone (2 hours).
3. Remove chicken and add bouillon cubes.
4. Debone chicken and discard bones and skin. Cut chicken into bite-sized pieces. Put back into pot.
5. Add shoepeg/white corn and parsley.
6. Taste and season if necessary.
7. Simmer on low while making dumplings using the following recipe.

Dumpling Ingredients:

2 cups Bisquick (biscuit/pancake mix)
2/3 cup milk

Instructions:

1. Mix Bisquick and milk just until moistened. Do not overmix.
2. Drop dough by small spoonfuls into simmering chicken soup.
3. Cook uncovered over low heat for 10 minutes.
4. Cover and cook an additional 10 minutes.
5. Remove from heat and let stand for 10–15 minutes. The dough should thicken to a stew-like consistency.
6. Serve in bowls.

Yield: 10 servings