

Johnnycake

Traditional pioneer dish

1 1/2 cups all-purpose flour

1 1/2 cups white or yellow cornmeal

1 teaspoon baking powder

1/2 teaspoon salt

1 tablespoon sugar

3 eggs

1 cup skim milk

3/4 cup vegetable shortening

Sift together flour and corn meal, baking powder, and salt. Set aside. With an electric beater or wooden spoon, beat 1/2 cup vegetable shortening with sugar until smooth. Add eggs, one at a time, beating well after each addition. Add dry ingredients alternately with milk. Beat well until smooth. Heat large griddle or large iron skillet. Grease with vegetable shortening.

With a large kitchen spoon, drop batter onto the griddle to make cakes, 1/4 inch thick and about 4 inches wide. Brown on one side, then on the other side. Johnnycakes may be eaten with meat and gravy or with syrup for breakfast. Serves 4 to 6.

Food in Kansas

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