

Johnny Cake (or muffins)

Preheat oven to 400°F

Grease 8" pan or a loaf pan **OR** 12 medium sized muffin cups

Mix together and set aside for 5 minutes:

¾ cup cornmeal

1 ¼ cup milk

Stir together:

1 cup flour

3 tps baking powder

1 tsp salt

1/3 cup granulated sugar

Stir into cornmeal mixture:

1 slightly beaten egg

¼ cup melted shortening, butter or oil (I have used olive oil)

Add liquid to dry ingredients and stir until combined. Batter will be lumpy.

Pour into prepared 8" pan or loaf pan. Bake in preheated oven at 400°F for 30 minutes

Or

Fill prepared muffin cups 2/3 full. Bake in preheated oven at 400°F for 20-25 minutes (see below pictures of this recipe as muffins)

These are lightly sweetened and taste great warm! Great with soups and stews!



Submitted by Tracey Gazley, August 2021