

LYSB's Family Johnnycake Food Challenge

INGREDIENTS:

- 3/4 c. flour
- 2 t. baking powder
- 1 t. baking soda
- 2 T. sugar (reduce sugar to 2 t. for more savory johnnycakes)
- ½ t. salt
- ¾ c. cornmeal
- 1 c. milk
- 6 T. (¾ stick) unsalted butter, melted
- 2 eggs
- Butter or vegetable oil for frying

DIRECTIONS:

- In a large bowl, mix flour, baking powder, baking soda, sugar, and salt. Set aside.
- Place cornmeal in a medium sized heatproof bowl and set aside.
- In a small saucepan over medium heat, warm milk until small bubbles begin to form on sides of pan and steam rises from the surface.
- Remove pan from heat and pour hot milk over cornmeal, stirring to combine.
- Cover bowl with plastic wrap and allow to sit for 10 minutes. (This step allows the cornmeal to soften slightly.)
- Stir in melted butter and eggs until just combined.
- Add cornmeal mixture to flour mixture and stir until just combined. Allow batter to stand for 5-10 minutes.
- Coat a griddle or large frying pan with a thin layer of butter or oil. Heat pan on medium. (You can test the temperature by dropping a teaspoon of batter into the pan. It should bubble on top fairly quickly, but not smoke or scorch.)
- Drop batter by about 1/4-1/3 cup onto hot pan. Flip with a spatula when bubbles appear on the surface of the johnnycake, then cook another 2-3 minutes more.
- Serve piping hot with your choice of topping!

VARIATIONS:

- Blueberry Johnnycakes: Toss 3/4 c. fresh blueberries in 1 T. flour. Add berries to batter directly before cooking.
- Maple Bacon Johnnycakes: Crumble 2-3 slices well-cooked bacon into batter directly before cooking. Serve with maple syrup.
- Green Chile Cheddar Johnnycakes: Reduce sugar in recipe to 2 teaspoons. Stir in ¼ c. chopped roasted green chile and 1/3 c. shredded cheddar cheese before cooking.
- Sweet toppings: Butter, maple syrup, molasses, or cane syrup are traditional. Jam, fresh fruit, and honey are delicious options too!
- Savory toppings: Salsa, black beans, and sour cream; breakfast sausage and fried eggs, pulled pork, or sautéed greens go beautifully with savory johnnycakes.

EQUIPMENT NEEDED:

large bowl, medium bowl, Measuring cups & Measuring spoons, Small saucepan, Griddle or Frying Pan