

Like most early American pioneer families, the Murrays ate corn meal at nearly every meal. Corn meal was boiled into a hot cereal, baked into bread or fried like pancakes. You could even save leftover boiled porridge and eat it later after it cooled and thickened by cutting it into slices to eat either cold or fried up in the iron spider skillet.

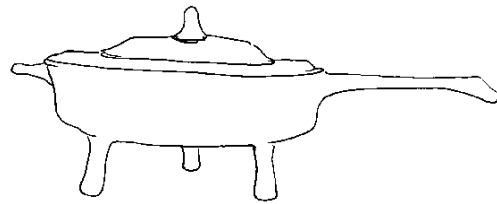
Also known as Journey Cakes, Shawnee Cakes, and Corn Pone, Johnny Cakes were eaten plain, fried in bacon or ham fat, covered with stew or dunked in soup as the main part of a meal. They could also be spread with jam or molasses for a sweet treat.

The recipe below is very much like how Ruth would have fried up Johnny Cake. The recipe is for cooking in your kitchen, but these taste especially good in an iron skillet over an open fire, when you're camping. Just remember to pre-heat the iron skillet. And always have an adult supervising when you are cooking, whether on a fire or on the stove!

Johnny Cakes

Ingredients:

- 1 cup corn meal
- 1 teaspoon salt
- 1 cup boiling water
- ½ cup to 1 cup milk as needed



Directions:

1. Mix the corn meal and salt together.
2. Add the boiling water, a little at a time, stirring constantly until the batter is smooth. Let stand about 10 minutes.
3. Grease your non-stick skillet or frying pan with a little butter, margarine, oil, or non-stick spray. Put the pan on a burner over medium heat.
4. Stir the batter, adding milk a little at a time until it's the consistency of thick pancake batter.
5. Drop batter by spoonfuls into the hot skillet.
6. When the top of each cake looks dry and the bottom is brown and crispy, flip over and fry on the other side.
7. When both sides are browned, remove to a serving plate and keep warm while you grease the skillet for the next batch.

