

Narragansett Journeycake Recipe

Today known as a “Johnnycake”

By Lorén Spears

Ingredients:

1 cup stone ground corn meal

1 ½ cup spring water

Oil

Warm Maple syrup

Optional: 1 tsp salt

Boil water and mix with cornmeal (and salt if added). Mix thoroughly. Batter should be thick. Spoon batter onto hot well oiled skillet and slightly press down and cook on that side for at least 6 minutes and then flip and cook for another 4-6 minutes, until golden brown. The middle should be smooth and white. Enjoy. Three -Four Servings

Variations:

- Add berries such as strawberries, blueberries or cranberries
- Serve with maple syrup, honey or jams
- Ladle venison gravy, turkey gravy or meat-filled gravy over top
- For a twist on traditional & colonial eat with creamed codfish-yum!

Numeechunag! Let's Eat!