“The Local Buy” Recipe, Episode 513

Sophia’s Johnny Cake

Courtesy of Nick’s Organic Farm

Ingredients

- One cup Floriani or Pongo Creek cornmeal
- 1/2 cup flour (can be gluten free)
- 1/8 cup maple syrup
- 1/4 teaspoon salt
- 3 tablespoons melted butter (can substitute coconut oil)
- One egg
- 1/2 teaspoon baking powder
- 1/2 cup milk, buttermilk, or yogurt (You may need up to one cup of this. Add until batter becomes pancake like. Not too runny and not too thick.)
- Optional: add 1/4 cup dried cherries, fresh blueberries, bananas, or nuts

Directions

Whisk dry ingredients. Add them to the whisked wet ingredients and stir until just mixed. Fry on a buttered griddle. Flip over when browned and brown on the other side. Can be served with maple syrup or honey on top.