

HOECAKES (a/k/a JOHNNYCAKES)

Total time: 30 minutes (15 minutes prep, 15 minutes cook time)

Serves 4

Ingredients:

1 cup self-rising flour (or AP flour)

1 cup cornmeal

¼ teaspoon salt

¾ cup buttermilk

2 eggs

2 Tablespoons honey (or preferred sweetener)

½ cup water

¼ cup neutral cooking oil (canola, vegetable, peanut, etc)

A few grinds of black pepper (optional)

More oil for cooking

Instructions:

1. Combine flours and salt in a bowl.
2. Measure buttermilk into a measuring cup, and add eggs and honey into it. Whisk buttermilk, eggs, and honey together in the measuring cup and pour into flour mixture. Then add water and oil and fold everything together. Stir slowly, because it will be wet and sloppy at first, but it will come together into a smooth batter. If you are adding black pepper, add it now and give your batter a few more stirs to incorporate.*
3. Heat your nonstick or cast-iron pan to about medium, and add cooking oil.
4. Pour in the batter to make the hoe cakes. Use about 1/8 cup batter (or use a ¼ cup measure, filled about half way). I got three cakes in a pan.
5. When the edges start to look dry and there are bubbles on the top of the hoe cake (about 2 minutes), flip and cook two minutes more. They should look nice and crispy along the edges, and golden brown in the middle.
6. Serve with butter and maple syrup.

*Optional additions: Other than black pepper (which I put in EVERYTHING, even sweets like cookies), if you want to make these a little more gourmet-ish, add in some fresh thyme (maybe a teaspoon, or so? To your taste) and, if it's in season, add corn that's been cut fresh off an ear.