

Johnny Cakes

Traditional Johnny Cakes recipe - crispy cornmeal flatbread with modern twist. Easy 25-minute breakfast or snack with historical Native American roots.

10	15	25	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Johnny Cakes

Ingredients

- 1 cup flour
- 2 egg
- 2.5 tsp baking powder
- 2 tbsp granulated sugar
- 1 tsp salt
- 0.75 cup milk
- 0.5 cup water
- 0.5 cup butter
- 1 tsp vanilla extract
- 0.5 tsp nutmeg
- 1 cup cornmeal

Instructions

- 1 Make the batter**

Whisk together 1 cup cornmeal, 1 cup all-purpose flour, 2½ teaspoons sugar, 2 tablespoons baking powder, 1 teaspoon nutmeg, and ½ teaspoon salt in a large bowl until evenly combined.
- 2** Beat together ¾ cup milk, ½ cup water, 2 eggs, 1 teaspoon vanilla, and ½ cup melted butter in a separate bowl until smooth.
- 3** Pour the wet ingredients into the dry ingredients and stir just until combined - the batter will look slightly lumpy, which is correct. Don't overmix or the johnny cakes will be tough.
- 4 Heat the pan**

Heat a cast iron skillet or heavy-bottomed pan over medium heat (about 175°C/350°F) and lightly grease with oil or butter.
- 5 Cook the johnny cakes**

Drop ¼ cup portions of batter onto the hot pan, leaving 2 inches between each cake. Cook for 3-4 minutes until the edges look set and the bottom is golden brown when you lift an edge with a spatula.
- 6** Flip each johnny cake carefully and cook for another 2-3 minutes until the second side is golden brown and the center springs back lightly when touched.

- 7 Transfer to a serving plate and repeat with remaining batter, adding more oil or butter to the pan as needed.
- 8 Serve immediately while hot with butter, maple syrup, or honey.

Tips

Use seltzer water instead of regular water for lighter, fluffier johnny cakes - the bubbles create extra lift and texture.

Always cook the first side thoroughly before flipping, as undercooked cakes will fall apart when turned.

Mix dry and wet ingredients separately before combining to ensure even distribution and prevent lumps.

Keep leftover cakes moist by storing them with a damp paper towel in a covered container.

Preheat your cast iron pan properly - it should be hot enough that a drop of water sizzles immediately.

Don't overmix the batter; a few lumps are fine and will result in more tender cakes.

Let the batter rest for 5 minutes before cooking to allow the cornmeal to fully hydrate.

For extra crispy edges, use a bit more oil in the pan and ensure cakes have room to spread slightly.