

PRESIDENT JAMES K. POLK

CORN PONE

4
SERVINGS

20 MINS
PREP TIME

20 MINS
COOK TIME

INGREDIENTS

- 1 cup medium or fine stone-ground cornmeal
- ¾ teaspoon kosher salt
- ¼ cup canola oil (original recipe used bacon fat)

INSTRUCTIONS

1. Place 1 cup medium or fine stone-ground cornmeal and salt in a medium bowl and whisk to combine. Add ½ cup hot water and stir until a soft, thick dough forms. Shape the dough into a disk that holds an indentation when pressed with a finger. If too dry, add hot water. Cover with a kitchen towel and let rest for 10 minutes.

2. Divide the dough into 4 (¼-cup) portions (about 2 ounces each). Form each into a 4-inch-wide, ¼-inch-thick patty. Place on a plate.



INSTRUCTIONS (CONTINUED)

3. Heat canola oil (or bacon grease) in a large cast iron or stainless steel skillet over medium heat until shimmering. Add the patties and cook until golden-brown on the bottom, about 4 minutes. Flip and continue to cook until the second side is browned, 2–3 minutes more. Meanwhile, line the plate with paper towels.

4. Transfer the corn pones with a flat spatula or slotted spoon to the plate to cool and absorb excess oil.

NUTRITION PER SERVING (4 SERVINGS)

Calories 260 · Total Fat 15g · Saturated Fat 1g · Sodium 375mg · Total Carbohydrates 30g · Dietary Fiber 4g · Added Sugars 0g · Protein 3g

DIETITIAN'S NOTE

Pair this southern side dish with a vegetable like braised collard greens, and a lean protein to complete your balanced meal. Using canola oil instead of bacon grease will help to reduce the saturated fat in the dish.

Adapted from: The Kitchn