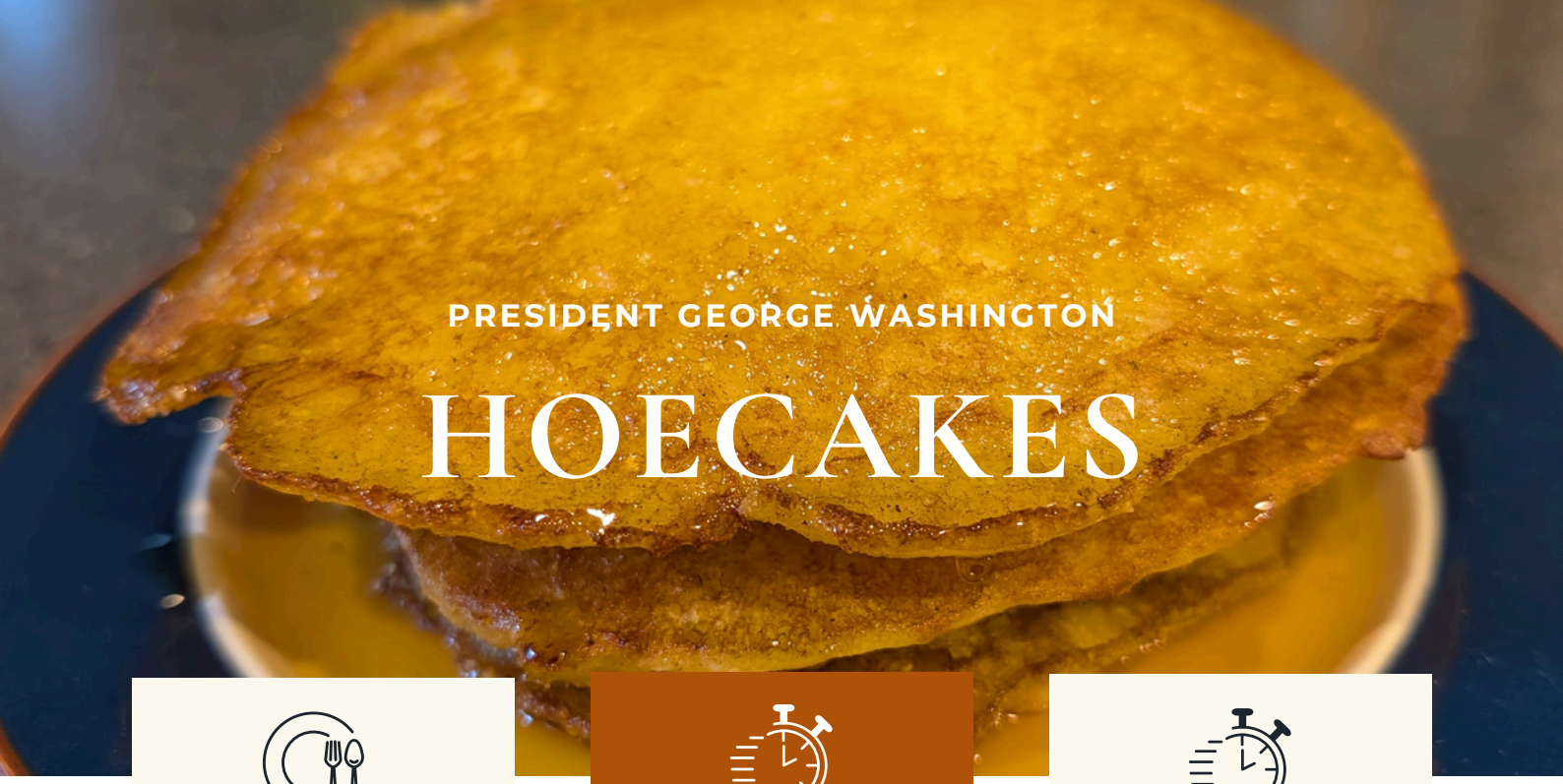


PRESIDENT GEORGE WASHINGTON

HOECAKES

4 SERVINGS

5 MIN
PREP TIME

40 MIN
COOK TIME

INGREDIENTS

- ½ teaspoon active dry yeast
- 2½ cups white cornmeal, divided
- 3 to 4 cups lukewarm water
- ½ teaspoon salt
- 2 large eggs, lightly beaten
- ¼ cup canola oil
- 1 tablespoon of canola oil for frying (suet or lard was likely used in the original recipe)
- Melted butter for drizzling and serving (optional)
- Honey or maple syrup for serving (optional)

INSTRUCTIONS

1. Mix the yeast and 1¼ cups of the cornmeal in a large bowl. Add 1 cup of the lukewarm water, stirring to combine thoroughly. Mix in ½ cup more of the water, if needed, to give the mixture the consistency of pancake batter. Cover with plastic wrap, and refrigerate for at least 8 hours, or overnight.

2. Preheat the oven to 200°F.

3. When ready to finish the hoecakes, begin by adding ½ to 1 cup of the remaining water to the batter. Stir in the salt, egg, and oil, blending thoroughly.

5. Gradually add the remaining 1¼ cups of cornmeal, alternating with enough additional lukewarm water to make a mixture that is the consistency of waffle batter.



INSTRUCTIONS (CONTINUED)

6. Heat a griddle on medium-high heat, and lightly grease it with lard or vegetable shortening. Preparing 1 hoecake at a time, drop a scant ¼ cup of the batter onto the griddle and cook on one side for about 5 minutes, or until lightly browned. With a spatula, turn the hoecake over and continue cooking another 4 to 5 minutes, until browned.

7. Place the hoecake on a platter, and set it in the oven to keep warm while making the rest of the batch.

8. Serve the hoecakes warm, drizzled with melted butter and honey or maple syrup.

NUTRITION PER SERVING (4 SERVINGS)

Calories 555 • Total Fat 23g • Saturated Fat 2g • Sodium 334mg •
Total Carbohydrates 77g • Dietary Fiber 7g • Added Sugar 0g • Protein 10g

DIETITIAN'S NOTE

If you decide to top with honey and butter, that will add calories, fat and sugar content. Turn this snack into a balanced meal by topping with Greek yogurt for protein. Bonus for adding in berries for additional fiber and antioxidants!

Adapted from: MountVernon.org