



Washington's Favorite Meal: A Recipe for Hoecakes

Ingredients:

½ teaspoon active dry yeast

2 ½ cups white cornmeal

½ teaspoon salt

3 to 4 cups lukewarm water

1 large egg, lightly beaten

Butter (optional)

Syrup or honey (optional)



- Mix the yeast and 1 ¼ cups of the cornmeal in a large bowl.
- Add 1 cup of water and stir thoroughly. Mix in more water as needed until the mixture has the consistency of pancake batter.
- Cover with plastic wrap and refrigerate for at least 8 hours, or overnight.
- Add ½ cup water to the batter and a beaten egg and salt.
- Gradually add the remaining white cornmeal and water until the batter is the consistency of waffle batter (*bit less runny than pancake batter.*)
- Cover with a towel and set aside for 20 minutes.
- Heat a skillet to medium-high and grease it with lard or shortening.
- Measure a ¼ cup of the batter & cook on the skillet for about 5 minutes until it is golden, then flip and cook until golden.
- Serve with melted butter and honey or syrup.