

# Johnny cakes

## Ingredients

1 cup white cornmeal  
3/4 teaspoon salt  
1 cup water  
1/2 cup milk  
Vegetable oil

## Directions

1. In a medium saucepan over high heat, bring water to a rapid boil; remove from heat.
2. In a medium bowl, place cornmeal and salt.
3. With the saucepan in one hand, let the boiling water dribble onto the cornmeal while stirring constantly with the other hand.
4. Then stir the milk into the mixture (it will be fairly thick, but not runny).
5. Generously grease a large, heavy frying pan.
6. When pan is hot, drop the batter by spoonfuls.
7. Flatten the batter with a spatula to a thickness of approximately 1/4 inch.
8. Fry until golden brown, turn, and brown on the other side
9. Serve hot with butter, maple syrup, or applesauce.

Makes 4 servings.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

## Kitchen Lab Planning Sheet

Unit: \_\_\_\_\_ Recipe: \_\_\_\_\_

<b>Head Chef</b>		<b>Sous Chef</b>	
Designates roles to others. Cooks at stove/puts food in oven. Sweeps floor. Completes cleaning checklist. Citizenship.		Chops necessary foods. Preheats oven if used. Assists cook. Citizenship	
<b>Assistant</b>	<b>Helper</b>	<b>Aid</b>	
Gets equipment needed. Fills up any canisters. Dries/puts away dishes. Puts dirty laundry away.	Measures ingredients from teacher. Gets clean linens, Washes dishes. Citizenship.	Measures ingredients from bin. Wipes stove, counters, tables. Citizenship.	

List ALL equipment used for this recipe.

What is your evaluation of the recipe? (circle one)

Yay! ☺

Meh

Nay ☹

What changes would you make to the recipe or how it was prepared? Please explain.

Chef initials to indicate kitchen is acceptable at the end of the class. \_\_\_\_\_

**Using as much detail as you can, please fill in the blank and finish the sentence starter.**

I would rate myself as \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

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I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .