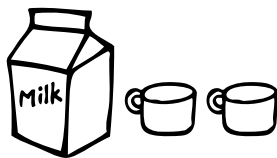


Journey Cakes

Read the story Journey Cake Ho! by Ruth Sawyer.
Make your own journey cakes from freshly ground cornmeal.

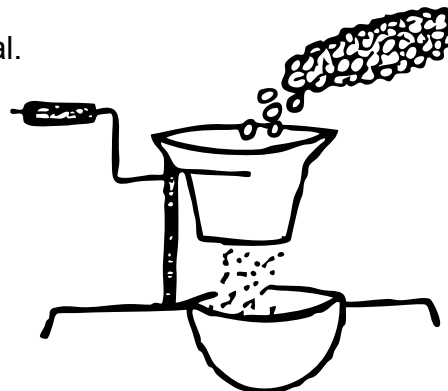
You need:




- 2 cups milk
- 6 cups cornmeal
- 1 cup flour
- 1 teaspoon salt
- 1/2 cup molasses or honey



What you do:

1. Shell the bluecorn off the cob. (Hold the ear of corn in a plastic bag as you push the kernels off the cob with your fingers.)
2. Put the kernels in the grinder. Turn the handle to grind.
You may need to grind the corn several times to get a fine meal.



3. Measure 6 cups of cornmeal into a bowl.
4. Add 1 cup of flour. Mix well. 
5. Add 1 teaspoon of salt. Mix well. 
6. Scald the milk. (Heat until tiny bubbles form around the pot.)
7. Slowly add milk to the cornmeal mixture.
8. Add 1/2 cup molasses or honey. Stir. 
Batter will be stiff.
9. Pour small circles into a greased cookie sheet.
10. Bake at 350° until golden brown.

