



Peach Johnnycake

Ingredients:

- 4 Tbsp. butter
- 1/2 c. honey
- 1 egg
- 1 c. all-purpose flour
- 1 c. corn meal
- 2 tsp. Clabber Girl Baking Powder
- 1/2 tsp. Clabber Girl Baking Soda
- 1/2 tsp. salt
- 1/2 c. milk
- 3-4 peaches, sliced (about 3 1/2 cups)

Streusel Topping:

- 1/2 c. all-purpose flour
- 1 tsp. cinnamon
- 1 1/2 c. pecans, diced
- 1/2 c. brown sugar, packed
- 1/4 tsp. salt
- 5 Tbsp. unsalted butter

Directions:

1. Preheat oven to 375 degrees F.
2. Grease 9x13 inch pan with shortening or butter.
3. In a medium bowl, cream together the butter and honey on medium speed, then add the egg and mix for one minute. (The mixture may look lumpy-it is okay).
4. In another medium bowl, whisk together the flour, corn meal, baking powder, baking soda and salt. Add the dry ingredients alternately with the milk, beginning and ending with the dry ingredients. Stir in the peaches and spoon the batter into the prepared baking dish.
5. To prepare the streusel, in a small bowl whisk together the flour, cinnamon, pecans, brown sugar and salt.

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History of Baking

Activity: Baking peach Johnnycake

Lesson: History of Johnnycakes

6. Add the butter and mix by hand to form crumbs. Sprinkle the streusel over the batter in the pan.
7. Bake for 50 - 60 minutes. (The amount of peaches make the batter unusually moist and therefore hard to use the toothpick or cake tester method).
8. The cake is done when it springs back when pressed ever so gently in the center. Place baking pan on cooling rack to cool.

Did you know?

Corn was essential to early colonists in America, and they learned about corn from Native Americans. Johnnycakes were also called journey cakes, as they could be taken on long trips and baked along the way.



Discuss these fun facts:

1. Before Christopher Columbus came to America, corn was sacred to the Mayans, Aztecs and Incas.
2. Native Americans used all of the parts of the corn plant. They used dried out husks to make corn husk dolls, sleeping mats and even masks.
3. Corn was easily stored and preserved during cold weather months. This made corn an important crop.
4. Johnnycakes can be prepared a number of ways, and for any meal. They can be served like this recipe as a dessert, for breakfast as a pancake with butter and syrup, or at dinner as a starchy side to replace potatoes and rice.
5. Johnnycakes were a troop staple in the American Civil War. Soldiers mixed pork grease and water with corn meal to make their own cakes around the campfire.

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