



Buttermilk Hoe Cakes

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 4 tablespoons butter divided
- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup canola oil divided
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose

- ☐ 1 cup ground cornmeal yellow finely
- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter salted room temperature
- ☐ 0.5 teaspoon flake sea salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon unsulphured dark
- ☐ 0.7 cup warm water (105 degrees F, no higher than 110)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ measuring cup

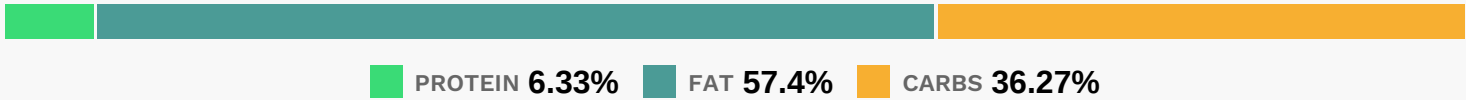
Directions

- ☐ In a glass measuring cup, add the warm water, stir in the yeast and the 1/2 teaspoon of sugar and let bloom until foamy, about 10 to 15 minutes.
- ☐ Combine the cornmeal, flour, salt and brown sugar in a large bowl.
- ☐ Pour the yeast mixture into dry ingredients.
- ☐ Combine the buttermilk and eggs in the same measuring cup used for the yeast, and add it to the yeast and flour mixture.
- ☐ Mix well with a whisk. Set aside for 10 minutes.
- ☐ In a large nonstick skillet over high heat, add 1/3 of the oil and a tablespoon of the butter and heat until hot. Ladle 2 ounces of batter per cake into the pan, cook for 2 to 3 minutes, flip, and cook for 2 minutes more.
- ☐ Remove the cake to a towel lined plate, then sprinkle lightly with sea salt. Repeat with the remaining batter, adding additional oil and butter per batch. Arrange the hoe cakes on a

serving platter and serve immediately with Hot Molasses Butter.

- ☐ In a small bowl, beat the butter with a hand mixer until light and creamy.
- ☐ Add the salt, cayenne, and molasses and mix well.
- ☐ Guy's Tip: If you have time, turn the butter mixture out onto a piece of plastic wrap and form it into a cylinder. Wrap tightly and refrigerate until firm, about 1 hour. Slice into 1/4-inch rounds and serve with Hoe Cakes.

Nutrition Facts



Properties

Glycemic Index:70.1, Glycemic Load:24.57, Inflammation Score:-6, Nutrition Score:10.251304368934%

Nutrients (% of daily need)

Calories: 469.76kcal (23.49%), Fat: 30.23g (46.5%), Saturated Fat: 15.78g (98.63%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 39.77g (14.46%), Sugar: 7.9g (8.78%), Cholesterol: 116.58mg (38.86%), Sodium: 608.94mg (26.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Vitamin B1: 0.32mg (21.01%), Selenium: 14.62µg (20.88%), Manganese: 0.37mg (18.68%), Folate: 67.76µg (16.94%), Vitamin A: 822.42IU (16.45%), Vitamin B2: 0.25mg (14.61%), Phosphorus: 133.88mg (13.39%), Fiber: 3.2g (12.82%), Iron: 2.23mg (12.38%), Vitamin B6: 0.23mg (11.44%), Magnesium: 45.64mg (11.41%), Vitamin B3: 2.17mg (10.83%), Vitamin E: 1.59mg (10.62%), Zinc: 1.29mg (8.6%), Copper: 0.13mg (6.65%), Vitamin B5: 0.66mg (6.57%), Potassium: 212.49mg (6.07%), Calcium: 46.42mg (4.64%), Vitamin K: 4.87µg (4.64%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.47µg (3.11%)