



Cook the Book: George Washington's Favorite Corn Cakes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 large eggs
- ☐ 2 cups cornmeal white stone-ground
- ☐ 0.5 teaspoon salt
- ☐ 4 servings vegetable oil for greasing the griddle
- ☐ 1.5 cups water lukewarm

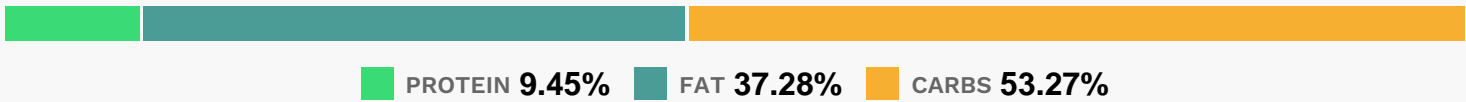
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ The evening before, combine 1 cup of the cornmeal, 1 1/2 cups of the lukewarm water, and the yeast in a medium-size nonreactive bowl.
- ☐ Whisk well; the mixture will be thin. Cover bowl tightly; let sit out overnight in a warm place.
- ☐ The next morning, whisk in the remaining 1 cup cornmeal, the salt, and the egg. Re-cover the bowl; let it stand 15 to 20 minutes (allowing the just-added cornmeal to absorb some of the liquid and soften a bit).
- ☐ Check consistency; it should be close to a thin pancake batter, neither nearly liquid nor as thick as heavy cream. If need be, add a little more lukewarm water to achieve this.
- ☐ Start heating a well-seasoned cast-iron skillet or griddle over medium-high heat. Moisten a paper towel with vegetable oil. Once skillet is hot, rub its interior quickly but thoroughly with the oiled towel.
- ☐ Serve with honey and butter, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:15.002173963205%

Nutrients (% of daily need)

Calories: 463.73kcal (23.19%), Fat: 19.33g (29.74%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 53.4g (19.42%), Sugar: 1.21g (1.34%), Cholesterol: 46.5mg (15.5%), Sodium: 316.94mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Fiber: 8.74g (34.95%), Vitamin B1: 0.44mg (29.6%), Manganese: 0.52mg (26.16%), Phosphorus: 258.5mg (25.85%), Magnesium: 102.71mg (25.68%), Vitamin B6: 0.51mg (25.55%), Vitamin K: 26.1µg (24.87%), Vitamin B5: 2.41mg (24.07%), Zinc: 2.89mg (19.24%), Iron: 3.28mg (18.19%), Folate: 72.26µg (18.07%), Vitamin B3: 2.94mg (14.69%), Vitamin B2: 0.24mg (13.88%), Potassium: 386.21mg (11.03%), Vitamin E: 1.57mg (10.47%), Copper: 0.21mg (10.26%), Selenium: 3.98µg (5.68%), Calcium: 19.11mg (1.91%),

Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.25µg (1.67%), Vitamin A: 67.5IU (1.35%)