

# Troop 31 Recipe

## Hoe Cakes

### Ingredients

1 Cup White Cornmeal  
1 Teaspoon Salt  
1 Tablespoon Lard or Solid Vegetable Shortening  
3/4 Cup Boiling Water, or As Needed  
Lard or Solid Vegetable Shortening (See Step 3)

### Directions

Combine cornmeal, salt and lard or shortening; mix well.

Slowly add water that is boiling hard to the meal; mixing thoroughly and quickly. When the mixture is soft but not too wet, form it into 2 1/2 inch cakes. (If the imprint of your fingers will not stay in the hoe cakes when they are formed, you have used too much water.)

Melt enough lard or shortening on a heavy black iron griddle to form a thick coating. When the griddle is very hot, but not smoking, add the hoe cakes, a few at a time, and fry until one side is golden brown, approximately 2-3 minutes. Turn and brown the second side. Drain on paper towels and serve at once.

### Comment

The lineage of the name "hoe cake" is uncertain. It was a favorite bread of country people in the South, but it was not baked on a hoe. That would have been impossible. If you enjoy cornmeal and you like the texture of hot, crisp bread, you will love hoe cakes when they are served with the right menu. They are delicious with an all vegetable meal, or with hearty bean and vegetable soups. Marvelous with wilted lettuce or spinach salad.

Makes 6 to 8 cakes.

