

CELEBRATING AMERICA'S

LOVE OF FOOD

APRIL 2009

# relish

RELISHMAG.COM



*East Bay-Style  
Rhode Island  
Jonnycakes,  
page 14*

## Morning Edition

**6 GREAT  
BREAKFAST  
RECIPES**

Brisket 101

**MILLION \$\$\$  
COOKIE**

**New! Small Steps™ by Marcal®**

A Small, Easy Step to a Greener Earth™



SAVING TREES SINCE 1950

Look for full line of towels, bath tissue, napkins and facial tissue.

# Big Breakfast Tiny State



**Rhode Island** renounced its allegiance to the British crown on May 4, 1776, and ever since, residents have celebrated the date as the state's official Independence Day. To mark the occasion, Rhode Island turns into one big all-you-can-eat breakfast buffet featuring traditional New England foods—jonnycakes and muffins, baked beans and clam cakes.

Cranston's Oak Lawn Community Baptist Church hosted the state's first May Breakfast in 1867 to raise money for a new church building. Today dozens of Rhode Island organizations—churches, clubs, granges and volunteer firehouses—sponsor fundraising all-you-can-eat breakfasts between late April and the second weekend in May.

Fellowship is the main draw, says Patricia Robinson, who chairs the 49-year-old May Breakfast at the First Baptist Church in East Greenwich. "It might be the one time each year people get to sit down with their neighbors. The whole community comes, including the politicians."

Then, of course, there's the food. Old-time New England and Rhode Island dishes are served alongside the more familiar eggs, ham, coffee and juice. Most May Breakfast menus feature jonnycakes. These unleavened pancakes are derived from an Indian recipe using flint corn, a variety of hard kernel corn that thrives in the fog and salty air of the Ocean State. Early settlers stuffed the small, hard cakes, then called "journeycakes," into their pockets or saddlebags for sustenance on long trips. Today, the jonnycake and the May Breakfast where it's served signify an enduring Rhode Island tradition. †

*Story by Carolyn Wyman, a food writer in Philadelphia, Pa.*



May Breakfast volunteers at Oak Lawn Baptist Church in Cranston, R.I.

## East Bay-Style Rhode Island Jonnycakes

*Thick or thin, made with water or milk, eaten out of hand or with a fork—there are almost as many ways to make and eat Rhode Island jonnycakes as there are Rhode Islanders. This is the recipe favored by Roger Pestana, jonnycake chef for the May Breakfast at the Old Stone Church in Tiverton, R.I. These thin pancakes are not as filling as regular pancakes and are gluten-free. Buy authentic Rhode Island stone-ground white cornmeal from Kenyon Corn Meal Company, (401) 783-4054, kenyonsgristmill.com*

- |  |  |
|--|--|
| 1 cup stone-ground white cornmeal (or yellow, if white is not available) | 2 teaspoons sugar                          |
| ½ teaspoon salt  | 1¼ to 1½ cups whole or 2% reduced-fat milk |
|  | Vegetable oil                              |

1. Combine cornmeal, salt and sugar in a medium bowl; gradually stir in milk until the mixture has a thin, pancake-batter consistency. (Thinner batter will produce cakes that are paper-thin and lacy; thicker batter will make cakes that look more like pancakes and have a meatier center.)
2. Lightly grease a nonstick skillet with vegetable oil. Heat over medium-high heat. Surface is hot enough when water drops splashed on the surface dance.
3. Pour about 2 tablespoons batter onto skillet for each pancake. (Stir batter between batches as it tends to separate). Cook until bubbles form on the surface, edges are dry and cooked side is golden brown, 2 to 3 minutes; flip and cook reverse side 1 to 2 minutes.
4. Serve hot with butter, berries or maple syrup. Makes 10 to 12 medium-sized cakes.

*Per cake: 60 calories, 1.5g fat, 5mg chol., 2g prot., 11g carbs., 2g fiber, 135mg sodium.*