



Hoecakes

For short: They're cornmeal pancakes.

For long: This is an official Mount Vernon recreation of the [Hercules Posey](#) (George Washington's enslaved chef) recipe made daily for our first president. Hoecakes were actually an historic breakfast for many enslaved people. While George's were likely made from finely ground cornmeal we prefer the much less privileged version listed here.

Ingredients

- 2 ⅓ cup stone ground white or yellow cornmeal
- 2 cups warm water
- ½ tsp. active dry yeast
- 2 tsp. salt
- 1 cup unsalted butter

For Serving

- Butter
- Honey or Hot Honey
- Sunny side up egg

Good things come to those who wait: Read through before making as it takes some time to prep.

- 1.** In a medium bowl, combine the cornmeal and warm water. Whisk well into a thick batter, then let rest for 10 min.
- 2.** Sprinkle the yeast over the cornmeal mixture and whisk well. Cover with a towel or plastic wrap and set aside for 15 minutes.
- 3.** Add the salt to the mixture and stir very well. Allow to sit, uncovered, at room temperature for 1½ to 2 hours. The batter will rise a bit and puff at the center.
- 4.** Melt 2 tablespoons of the butter, then whisk it into the batter until well combined.
- 5.** Heat a large cast-iron pan or griddle on the stove top over medium heat. Add about 1 tablespoon of butter to the pan. When the butter has melted, use a flexible spatula or brush to spread it across the pan's surface. You know, like for pancakes.
- 6.** Use a ¼ cup measure to scoop out the batter onto the pan. Cook the hoecakes in batches, leaving about 2 inches surrounding each hoecake. Cook for 2 to 3 minutes on each side until lightly browned, adding 1 tablespoon of butter to the pan before turning the cakes to cook on the other side. (The cakes will become firmer once they are cooked.) Repeat until you've cooked off all the batter.
- 7.** Serve with extra butter and smother in honey. And maybe even more butter and honey.