

Corn Pone

(Milk Free, Wheat Free, Soy Free)

- 1 Cup Cornmeal, (Water Ground)
- 2 Tablespoons Melted Soy Free Margarine, Such As Fleischman's Light
- ½ Teaspoon Salt
- Cold Water

Mix With Salt, Butter And Just Enough Cold Water To Make A Hard Dough,And Mash The Dough As Thin As You Likewith Your Fingers Old Folks Used To Do This With Three Fingers.

Could Add Sugar And Baking Powder To These Recipes- Then Fry.

Hoe Cakes

Same As Above Only You Use A Greased Griddle Or Hot Skillet. Naturally, This Way Cakes Cook A Lot Faster On A Stove.