
Treat Time

Corn Pones

Prep Time: 20 minutes
Bake Time: 25 minutes

Ingredients: 2 Cups cornmeal
1 Teaspoon salt
1/4 Cup sugar
1/3 Cup vegetable oil
1 1/4 Cups BOILING water



Instructions: Pre-heat oven to 425 degrees. Combine corn meal, salt, sugar & oil in a bowl. Add BOILING water and mix to make a thick cornmeal mush. WAIT 3 to 5 minutes while the boiling water cooks the mix and thickens it to a point that you can spoon up heaping tablespoonfuls to form in the shape of an ear of corn with your hands. Place on a lightly greased cookie sheet and put in pre-heated oven. Bake for 20-25 minutes.

Tip: Form into a football shape in your hand and then place on baking sheet then press with fingers into the shape of an ear of corn. (This can be a fun way for children to help.)

Treat Time: Serve warm with honey, butter, or jam.

Makes 20 to 25 corn pones