BREAKFAST CAKES
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BUCKWHEAT CAKES

2 cups buckwheat 2 cups lukewarm water
½ cup corn meal ¼ cup molasses
1 teaspoon salt ½ teaspoon soda
½ yeast cake 2 tablespoons warm water
2 tablespoons sugar

Mix buckwheat, corn meal and salt. Add sugar to yeast cake and stir until a paste is formed, add to luke warm water and pour onto buckwheat mixture slowly stirring constantly. Set in a warm place over night. In the morning beat the mixture 1 minute, add soda, molasses, and warm water which have been mixed, beat for 2 minutes and bake on a hot griddle.

Compressed yeast should be used.
CORN MEAL PANCAKES

1 cup white corn meal    1¼ cups boiling water
⅛ cup sugar             2 tablespoons milk
½ teaspoon salt         1 teaspoon melted fat

Mix corn meal, sugar, and salt, add boiling water and beat until thoroughly mixed; add milk and melted fat and bake on a pancake griddle.

BARLEY PANCAKES

1 cup barley meal    ¼ cup brown sugar
1 teaspoon salt      1 egg
3 cups boiling water 1 teaspoon melted fat

Add barley meal to boiling salted water, stirring constantly, and boil for 10 minutes. Cook in double boiler 45 minutes. Cool, add sugar, well-beaten egg and melted fat. Beat until thoroughly mixed. Drop by spoonfuls on a hot greased griddle and bake as pancakes.
FRIED HOMINY CAKES

\[ \frac{1}{2} \text{ cup fine hominy} \quad \frac{1}{4} \text{ cup sugar} \\
2 \text{ cups boiling water} \quad \frac{1}{4} \text{ cup milk} \\
1 \text{ teaspoon salt} \quad 1 \text{ egg} \\
\frac{1}{4} \text{ teaspoon paprika} \quad 1 \text{ cup fine crumbs} \\
3 \text{ tablespoons fat} \]

Add hominy to boiling salted water and boil 10 minutes. Cook in double boiler \( \frac{1}{2} \) hour or until hominy is soft. Cool and add paprika, sugar, milk, and well-beaten egg. Form into flat cakes, roll in fine crumbs and brown in a frying pan in which fat has been melted.

RYE DROP CAKES

\[ 1\frac{1}{2} \text{ cups rye flour} \quad 1 \text{ teaspoon melted fat} \\
1 \text{ teaspoon salt} \quad 2 \text{ stiffly beaten egg whites} \\
1 \text{ cup milk} \]

\[ 2 \text{ egg yolks} \]

Mix flour and salt, add milk and egg yolks, stirring constantly; add melted fat and beat
for 1 minute. Fold in stiffly beaten egg whites and bake on a hot greased griddle, like pancakes.

**Rice Fritters with Maple Sirup**

- 1 1/2 cups cold cooked rice
- 1/2 teaspoon salt
- 1/8 teaspoon nutmeg
- 2 eggs
- 1 1/2 cups fine crumbs

Mix 1 well-beaten egg with the rice, add the salt and nutmeg, and form into fritters. Beat the other egg with 2 tablespoons of cold water and roll the fritters first in crumbs, then in egg and again in crumbs. Fry in deep fat, drain on heavy paper and serve with maple sirup.

**Hominy Fritters with Molasses Sauce**

- 1 1/2 cups cold cooked hominy
- 1/2 teaspoon salt
- 1/8 teaspoon cinnamon
- 2 eggs
- 1 1/2 cups fine crumbs
WHEATLESS RECIPES

Mix the hominy, salt, and cinnamon, add 1 well-beaten egg and form into fritters. Beat the other egg with 2 tablespoons cold water. Roll fritters first in crumbs, then in egg and again in crumbs and fry in deep fat; drain on heavy paper and serve with Molasses Sauce.

MOLASSES SAUCE

\[
\begin{align*}
\frac{1}{2} \text{ cup light molasses} & \quad \frac{1}{4} \text{ cup cold water} \\
1 \text{ cup water} & \quad 1 \text{ tablespoon vinegar} \\
2 \text{ tablespoons cornstarch} & \quad 1 \text{ teaspoon butter}
\end{align*}
\]

Add water to molasses and heat. Mix cold water, vinegar and cornstarch to a smooth consistency and pour into hot mixture, stirring constantly. Boil gently for 30 minutes. Add butter and serve.

BAKED HOMINY WITH DATES

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\begin{align*}
1\frac{1}{2} \text{ to 2 cups cooked hominy} & \quad \frac{1}{2} \text{ cup dates} \\
1 \text{ egg} & \quad 1\frac{1}{2} \text{ cups fine crumbs}
\end{align*}
\]
WHEATLESS AND MEATLESS DAYS

Wash, remove stones, and cut dates into pieces, add them to the hot cereal, and pour into a greased pan. Set in a cool place. Beat the egg with 2 tablespoons cold water. When hominy is cold, cut in slices about \( \frac{1}{2} \) inch thick and roll in crumbs, then in egg and again in crumbs.

Place in a flat greased baking dish and bake in a hot oven until brown. Serve with Fruit Sauce.

FRUIT SAUCE

1 cup brown sugar  \( 1\frac{1}{2} \) cups hot water
\( 1\frac{1}{2} \) tablespoons corn- \( \frac{3}{4} \) teaspoon grated
starch lemon rind
juice of 1 lemon

Mix sugar and cornstarch, add hot water slowly, stirring constantly. Boil for 15 minutes, add lemon rind and juice, and serve.
POTATO WAFFLES

1 cup cold mashed potatoes
1 cup milk
2 egg yolks
1 teaspoon melted fat

1/4 cup sugar
1/2 cup rye flour
1 teaspoon salt
2 teaspoons baking powder
2 stiffly beaten egg whites

Mix potatoes, milk, and well-beaten egg yolks. Mix the sugar, salt, flour, and baking powder, and add to first mixture. Add melted fat and beat vigorously. Fold in the stiffly beaten egg whites, pour into a hot, evenly greased waffle iron, filling the iron two-thirds full each time. Cook until brown and serve with maple or Karo sirup.

RICE WAFFLES

1 cup cold cooked rice
2 egg yolks
1 cup milk
1/4 cup rye flour
1 teaspoon salt

2 teaspoons baking powder
1 teaspoon melted fat
2 stiffly beaten egg whites
WHEATLESS AND MEATLESS DAYS

The rice for waffles should be cooked until very soft and pasty. Add the milk and well-beaten egg yolks to the rice. Mix salt, baking powder, and flour and sift into the mixture; add melted fat and beat thoroughly. Fold in stiffly beaten egg whites. Pour into a hot, evenly greased waffle iron and cook until brown. Fill waffle iron two-thirds full each time. Serve with maple or Karo sirup.