



## Recipes

### Journey Cakes

*(from the Mohegan Archives)*

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#### Ingredients:

- 2 cups of water
- 2 cups cornmeal
- 2 tsp salt
- 2 tbsp butter or animal fat
- 1/2 cup dried fruit such as cranberries, blueberries, cherries or even chopped nuts.



#### Simple directions *(consider the period that these were originally made)*

- Preheat oven to 375 degrees. Bring water to a boil in a saucepan. Stir in the cornmeal, salt, butter and berries or nuts.
- Place in the bottom of a greased 8-inch square pan and bake for 25 minutes.
- Cut into squares and serve.

#### Videos:

- Handy Trail Food - Campfire Journey Cakes (probably similar to the way it was made by our ancestors in the 1700s) YouTube: [https://www.youtube.com/watch?v=l8\\_0vYg3PCE](https://www.youtube.com/watch?v=l8_0vYg3PCE)
- The history of journey cakes in the 18<sup>th</sup> century: <https://www.youtube.com/watch?v=XgNuPXIlvC8>