

Old Fashioned Gems

Preheat gem pan(s) at 375°

2 ¼ cups cold water (hard water makes them tough, use soft water)

Flour (Your preference. I like Kamut flour.)

Slowly add flour to water until a smooth pancake consistency is achieved.

Pour into hot gem pan(s) and bake at 375° for 20 minutes. Turn oven down to 350° and bake for 40 more minutes.

If your cast iron is properly pre-seasoned, the gems should pop out with ease. Cool and enjoy!
Can add your favorite cream/ fruit filling to make these into a healthy dessert/ treat.



Yield: 24

From the kitchen of Melinda Harris