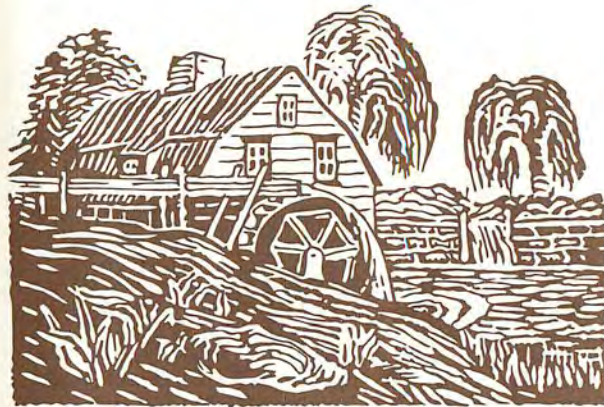




# GRAY'S GRIST MILL

Vendors of the famous  
RHODE ISLAND  
JONNYCAKE MEAL



Est. 1878

ADAMSVILLE, RHODE ISLAND

Adamsville Mill Store Inc.  
638 Adamsville Road  
Westport, Massachusetts 02790  
(508) 636-6075

PO Box 364  
Adamsville, RI 02801

[www.graysgristmill.com](http://www.graysgristmill.com)

make checks payable to:  
Adamsville Mill Store Inc.

## GRAY'S GRIST MILL Jonnycake Corn Meal & Gray's Grist Mill Pancake Mix

### Jonnycake Corn Meal



Made with authentic Rhode Island  
White Flint Corn.  
The taste and texture of the whitecap  
corn, ground on the granite stones, has  
a richer and sweeter taste.

#### A Delicious Choice

Jonnycakes, a mixture of white corn  
meal, a dash of sugar and salt, milk  
and/or water, fried on a griddle. Our  
Jonnycake Meal also makes tasty corn  
bread and Indian Pudding. Recipes  
included on each package.

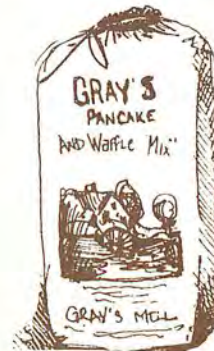
1 lb. Bag.....\$5.99

2 lb. Bag.....\$10.99

Call for Special Orders

order at [www.graysgristmill.com](http://www.graysgristmill.com)

### Gray's Pancake & Waffle Mix



An excellent Pancake and  
Waffle Mix made from yellow  
corn, wheat and rye  
flours, baking powder  
and soda.

You'll love the whole grain  
taste and lightness of  
Gray's Pancake and  
Waffle Mix.

1 lb. Bag.....\$5.99

2 lb. Bag.....\$10.99

Call for Special Orders

order at [www.graysgristmill.com](http://www.graysgristmill.com)

## The History of the Jonnycake



The Pilgrims landed at Plymouth in bleak  
November, 1620, and we all know of the privations of  
that terrible winter. The wheat they had brought  
from England had all spoiled during their long voy-  
age. One thing that saved many lives was the discov-  
ery by Miles Standish of a cache where the Indians  
stored some of their harvest of corn. This grain was  
unknown to them but Squanto, a Putuxet Indian who  
was friendly toward them, taught them how to pound  
the corn into a meal with a crude mortar and pestle  
and then how to mix it with water into a stiff dough  
which was spread on a small flat surface and stood  
before an open fire and cooked into a sort of cake,  
and here we have the real original jonnycake; corn  
meal cooked in various forms. became their main  
item of food.

But our ancestors, while they could not improve  
the corn itself, did improve upon the methods of  
grinding the corn, and soon wind mills, and later  
water powered mills were erected for the sole pur-  
pose of grinding corn. The result was a great  
improvement and corn meal soon become the princi-  
pal article of food. Not only did they improve the  
grinding of the meal but they invented many new  
dishes and in old letters and diaries we find refer-  
ences to stirabouts, Indian pudding, Indian  
dumplings and many other almost forgotten dishes.  
But with all their inventive genius they never invent-  
ed a dish that could equal that which the Indians  
taught them to make, although they did improve and  
refine it, namely, the Rhode Island Jonnycake.



#### DIRECTIONS

Route 195 to Route 24 South, exit 8A, to Route 81 South, follow to end.  
Take left onto Adamsville Road. Mill is 1/8 mile  
down the road on the right.

Museum and Store Hours - March thru December  
Tuesday-Sunday 12:00 to 4:00

Call for Winter Hours  
1-508-636-6075  
or email the Miller at  
[graysgristmill.com](mailto:graysgristmill.com)

## RHODE ISLAND JONNYCAKES

### THIN STYLE

- 1 cup Gray's Grist Mill White Corn Meal
- 1/2 teaspoon salt
- 2 teaspoons sugar - optional
- 1 7/8 cups milk or water

Put all ingredients in bowl, mix thoroughly, and cook on a well greased, hot griddle, as you would griddle cakes. Add extra milk if necessary to keep mixture thin. Some prefer to omit sugar.

### THICK STYLE

- 1 cup Gray's Grist Mill White Corn Meal
- 1/2 teaspoon salt
- 2 teaspoons sugar - optional
- 1 cup boiling water
- 3 to 4 tablespoons of milk

Place ingredients in bowl and mix thoroughly. Let stand a few minutes, as mixture will thicken. Thin down with boiling water to a consistency that will drop off the end of a spoon. Drop on a well greased, medium hot griddle 375° by the spoonful, and cook for about 6 minutes each side, until brown.

### THE MILLER'S JONNYCAKE RECIPE

*Neither Thick nor Thin*

- 1 cup Gray's Grist Mill White Corn Meal
  - 1 teaspoon salt
  - 2 teaspoons sugar - optional
  - 1 cup water
  - 4 tablespoons to 1/2 cup of milk
- Mix the three dry ingredients in a bowl  
Add water

To thin batter stir in milk 1 tablespoon at a time  
Drop by the tablespoon into a well grease and hot 375° griddle Cook 5-6- minutes on each side until brown.

### WHITE CORNBREAD

- 2 cups Gray's Grist Mill White Corn Meal
- 1 cup boiling water
- 1/2 teaspoon salt
- 1 tablespoons light brown sugar or honey
- 1 cup heavy cream
- 4 egg yolks
- 1/4 cup melted butter
- 4 egg whites, stiffly beaten

Put cornmeal in a mixing bowl and pour boiling water over it and mix until smooth. Stir in salt, brown sugar or honey and cream, which has been beaten with the egg yolks. Add butter; than fold in the beaten egg white last. Bake at 350° for about 25 minutes. Serve hot with butter.



## About Gray's Grist Mill...

Gray's Grist Mill is one of the country's oldest continually operating Grist mills.

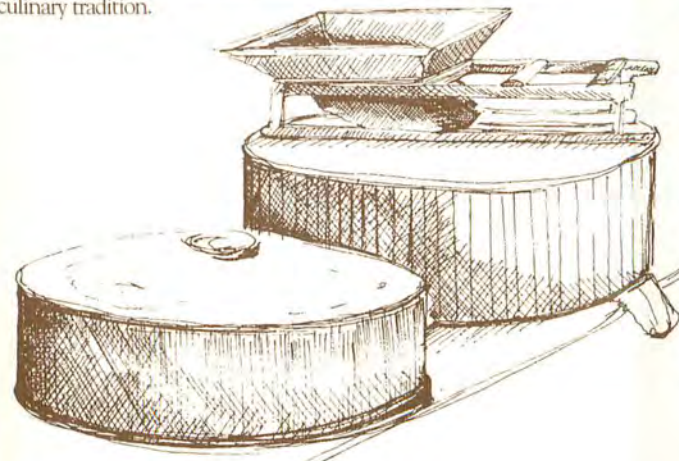
Established before 1700 and documented by deed in 1717 as belonging to Philip Taber, the mill was part of a blacksmith shop until 1750 when it became a grist mill. In 1880 it was purchased by Philip S. Gray and since that time had been in the Gray family. In 1980, Ralph Guild, a New York City businessman, who summeres in Westport Harbor, bought the mill. John Hart had one stipulation when he sold the mill: It must continue to be run as a working mill.

The granite stones at Gray's Mill have been turning out Rhode Island Jonnycake Meal for over 300 years.

Two dedicated millers, Roland Grayton Hart and his son John Allen Hart, kept Gray's Mill going non-stop for over 100 years. John Hart was willing to share his 62 years experience so that the Jonnycake tradition will be passed on to the next generation.

Natives of the State and those who live away but still long for

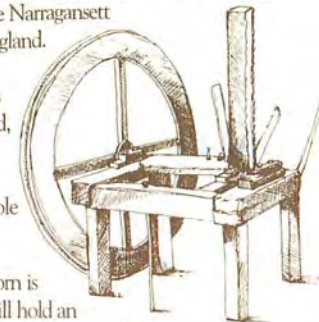
the taste of real Jonnycakes are proud to know that some of the fields of Rhode Island still yield the golden harvest of Narragansett Indian Flint Corn. The flint corn fills the few remaining corn cribs and the little mill by a pond in Adamsville, R.I. which still sells true Rhode Island Jonnycake Meal for those who know the local culinary tradition.



## HOW THE MILL WORKS...

**THE CORN:** It all starts with Narragansett Indian Flint Corn. This was the original corn of the Narragansett Indians of Southeastern New England.

The corn is dried for six months before it is ground. The corn is husked, dried, shelled and packaged in bags to be sold at Gray's Grist Mill for Jonnycakes and other Gray's whole grain products.



**THE HOPPER:** The shelled corn is poured into the hopper which will hold an average of three bushels of corn. As a vertical rod called the "damsel" shakes the grain downward, the corn kernels are dropped through the "shoe" into the eye of the stone.

**THE MILLSTONES:** The 15 inch thick granite millstones are disk shaped, and weight a total of 1 1/2 tons. One stone grinds corn and another is used to grind grains for other flours. You only grind corn with granite. The grinding surface of the runner stone is concave and they're carved in spoke patterns.

The top stone, called the "runner stone", turns; it's the friction against the lower "bed" or "nether" stone, which never turns, that reduces the grain to meal. The patterns in the two stones cut across each other with a scissors action and push the grain toward the outside edges of the stones. At the center, the grain gets cracked first, but it's at the perimeter that the finest grinding happens.

**THE CHAFF BIN:** The ground meal comes out of the grain spout, and a mesh screen sifts out the coarser pieces of the corn's bran (outer layer) into the chaff bin. The miller gives this to local farmers for animal feed.

**THE BAGGING ROOM:** Bins of just-ground meal are hauled into the bagging room, where it is scooped onto a scale and bagged in cloth bags.

**THE STONE CRANE:** This lifts the runner stone when the millstones need to be sharpened, cleaned or repaired.

**THE SLUICE GATE WHEEL:** This is used to open and close the sluice gate, which starts and stops the flow of water from the millpond across the road, providing power to the water wheel to grind the grain.

This dates back to 1740 when water was rushing over the falls from the man-made millpond and was used up until 1938 when the mill was still operated by water power. The water was held back by sluices and released through millraces which forced the huge turbines to turn. The 1938 hurricane knocked out the turbine. After that the stone was turn by a gasoline motor. Now electricity is used.