

Chef Spotlight

Celebrating Foods of the World



Breakfast Corncakes

INGREDIENTS

MAKES 12 SERVINGS

- 1 1/2 cups milk
- 1 1/2 tablespoons lemon juice
- 8 ounces beaten eggs, 4 large
- 3 tablespoons melted butter (or butter-flavored spread)
- 1 cup sweet corn kernels (fresh or frozen that have been thawed)
- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon baking powder

It's no wonder entire civilizations were fed and supported by the endless uses of corn, a food that seems fairly plain at first glance. Corn cakes really are old as the hills and are a great way to start the day.

PREPARATION

Combine milk and lemon juice. Let sit for 5 minutes.

Whisk together eggs, milk mixture and melted butter in a medium mixing bowl. Stir in corn kernels.

Sift together cornmeal, flour, sugar, salt and baking powder. Add the dry ingredients to the buttermilk-corn mixture and stir until just combined. Let stand for 20 minutes in a cool place.

Grease the bottom of a hot skillet or griddle. Ladle 1/4 cup corn batter. Let cook until the edges of the pancake start to brown and bubbles appear on the surface, about 2 minutes. Flip, cook another 2 minutes. Repeat until you use the batter. (Keep corn cakes warm in a 250-degree oven while you are cooking the entire batch.)

Serve the corn cakes with your choice of butter, maple syrup, warmed cinnamon apples, fresh berries, bacon, sausage and/or powdered sugar.

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