

Corn Cakes



Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association

bcbsm.com

For more recipes, visit AHealthierMichigan.org

Corn Cakes

- 1½ cups corn flour
 - 2 teaspoons baking powder
 - 1 tablespoon Kosher salt
 - ¼ teaspoon cayenne
 - 4 tablespoons unsalted butter (*cubed, room temperature*)
 - 1 cup whole milk (*can substitute low-fat milk if desired*)
 - 1 Tablespoon honey
 - 2 cups of fresh corn
 - 2 tablespoons diced jalapeno (optional)
 - 2 eggs, separated
 - 1 egg white
 - 1 tablespoon butter
1. Whisk together the corn flour, baking powder, salt and cayenne in a large bowl.
 2. In a small saucepan, heat butter, milk and honey until the butter is melted. Set aside until slightly cooled. Make a well in the center of the dry ingredients, and add in the milk mixture, 2 egg yolks, corn, and jalapeno (if using).
 3. In a clean, dry bowl, beat the 3 egg whites until stiff, then fold into the corn mixture.
 4. Heat remaining butter in a skillet. When hot, spoon batter into the pan, 1/4 cup, at a time in spaced out mounds. Flatten slightly.
 5. When corn cakes are browned on the bottom and starting to bubble around the edges, flip with a spatula and cook on the other side for about a minute, until lightly browned on the reverse side.

Recipe provided by Michigan State University
Chef Kurt Kwiatkowski



RESIDENTIAL AND HOSPITALITY SERVICES
CULINARY SERVICES