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
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