

Buttermilk Corn Cakes from *Urban Sacred Garden*



These tasty little corn cakes are yummy, buttery heaven. They make the perfect accompaniment to soups and beef dishes. I served mine with Beef Tips and Egg Noodles. You can cook these corn cakes in Olive Oil instead of Butter, but the salty crispiness of the buttery edges really makes these cakes perfect. Leftover corn cakes are wonderful for breakfast warmed in the toaster, and served with eggs. Yield: About 12 Corn Cakes

INGREDIENTS

1 Cup Yellow Cornmeal
3/4 Cup Flour
1/4 Cup Granulated Sugar
1 tsp Salt
1 tsp Baking Powder
1 tsp Baking Soda
2 Cups Buttermilk
2 Tbsp Butter, melted + extra for cooking
2 Eggs, separated

DIRECTIONS

1. In a large bowl combine Cornmeal, Flour, Sugar, Salt and Baking Powder. In a small bowl thoroughly combine 2 Tbsp Melted Butter, Buttermilk, and Egg Yolks, ensuring yolks are well whisked. Separate Egg Whites into a small bowl or cup.
2. Add Buttermilk Mixture to the dry mixture and beat until smooth. In the small bowl beat Egg Whites until stiff (an electric mixer will do this most quickly). Once Egg Whites are stiff add to the rest of the mixture, folding in gently.
3. Melt 1 Tbsp Butter in a non-stick pan over Medium Low heat (about the same heat you would cook pancakes over). Scoop 1/3 cup of Cornmeal batter into hot butter. Cook for about 4 minutes until golden brown on the underside and bubbling throughout on the topside. Flip and cook for another 2 minutes or until batter is cooked through. Remove from pan and stack on a plate. Repeat this process, adding more butter to skillet between cooking as needed. Serve warm. Enjoy!