

Silky Corn Cakes

Ingredients:

¼ cup coarse yellow cornmeal
1 cup water
3 tbl. unsalted butter
¼ cup unbleached all-purpose flour
½ tsp. salt
½ tsp. baking powder
¼ tsp. baking soda
2 eggs, lightly beaten
½ cup milk
¼ cup sour cream
2 tbl. maple syrup
½ cup fresh corn kernels

Directions:

Combine the cornmeal with the water in a small saucepan and cook, stirring over medium heat until thick and porridge-like, about 3 minutes. Then add the butter and stir until smooth. Set the mixture aside to cool slightly.

Combine the flour, salt, baking powder, and baking soda in a bowl and mix well.

Stir the eggs, milk, sour cream, and the maple syrup into the cooled cornmeal mixture. Then gently fold in the flour mixture and the corn. Stir thoroughly.

Lightly grease a griddle and place it over medium heat. Drop the batter by tablespoons onto the hot griddle and cook until the edges of the pancakes are dry, the tops are bubbling, and the undersides are golden, 1 minute. Turn and cook 1 minute on the other side. Serve immediately.

~ Credit: Silver Palate New Basics