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Corny Corn Cakes Recipe

by from [Mollie Katzen's "Salad People" Cookbook](#)

To the Grown-ups: Pancake batter is very inviting to small children - soft and easily mixed, yet sturdy enough to withstand enthusiasm. And it's so much fun to watch the change that takes place in the pan! To simplify this recipe, make a dry pancake mix first. Then your child can finish the batter and cook the pancakes (Seemingly mundane tasks like breaking eggs and beating with a whisk are especially interesting to young children.) Older children might want to help prepare the dry mix.

Tip: If you have an electric skillet, by all means, use it. This makes the cooking safer because you can put it on a table at a child-accessible level.

Pancake Mix:

- 1/2 cup cornmeal
- 1/2 cup unbleached all-purpose flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- tbs sugar
- large eggs
- 1 cup buttermilk
- 1 tbs butter, melted
- 1/2 cup corn, fresh or frozen
- A little batter for the pan
- Syrup, fresh fruit, or powdered sugar for serving

1) To make the Pancake Mix, combine the dry ingredients in a large bowl.

2) Beat the eggs in a separate large bowl, then whisk in the buttermilk, melted butter & corn.

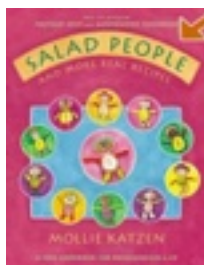
3) Pour the buttermilk mixture into the dry ingredients. Stir from the bottom of the bowl until the dry ingredients are all moistened.

4) Place a skillet over medium heat, and melt in a little butter. Use a 1/2 cup measure with a handle to scoop batter into the hot skillet

5) Cook the pancake for about 5 minutes on the first side, or until really golden on the bottom. Then flip and cook on the second side, which will go a little faster; usually 20-30 minutes will do it, depending on the heat.

6) Serve right away, and eat with syrup, fresh fruit or powdered sugar.

Yield: Ten 4-inch pancakes.



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