

Salt and Serenity

Multi-Grain Corn Cakes

Makes about 10 pancakes.

½ cup all-purpose flour
¼ cup whole-wheat flour
¼ cup barley flour
¼ cup cornmeal
1 teaspoon baking powder
1 teaspoon kosher salt
½ teaspoon sugar
1 cup whole milk
1 large egg
1 tablespoon melted butter
1 jalapeno pepper, seeded and finely diced (optional)
1 cup corn kernels (from 1-2 ears fresh corn on the cob, or frozen)
1-2 tablespoons butter for cooking corn cakes

maple syrup for topping

1. In a medium sized bowl, whisk together all-purpose flour, whole-wheat flour, barley flour, cornmeal, baking powder, salt and sugar.
2. Whisk together milk, egg and melted butter. Pour over dry ingredients and, using a spatula, combine everything. Do not over mix.
3. Add corn and jalapeno and gently mix in.
4. Heat a tablespoon of butter in a large non-stick skillet, over medium heat. Scoop ¼ cup mounds of batter into the pan, 3 or 4 at a time. Cook until bubbles appear on the topside of the pancakes, then flip and continue cooking until the bottom side is burnished golden brown. Continue until all the batter is used up.
5. Serve straight from the pan with warmed maple syrup.