

Corn Cakes

8 servings

- 1 cup all-purpose flour (or gluten free substitute)
- 1 cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 Tablespoon butter, melted
- 1 egg
- 1 cup low-fat milk
- 2 1/2 Tablespoons vegetable oil (divided)



1. Wash hands with soap and water.
2. In a large mixing bowl, add the flour, cornmeal, baking powder, sugar, and salt. Mix until combined.
3. In a separate microwave safe bowl, add butter. Cook in the microwave for 20 seconds, or until melted.
4. Remove from microwave and add egg. Wash your hands with soap and water after cracking raw egg. Add milk and stir until combined.
5. Gradually mix the wet ingredients into the dry ingredients. Mix well so there are visible lumps in the batter. The consistency should be thick vs thin.
6. Heat 1 Tablespoon of oil in a non-stick pan over medium heat. Spoon the batter into the pan using one large spoonful for each cake. Depending on the size of your pan, you should be able to cook 3-4 cakes at a time.
7. Cook the cakes for about 2 minutes on the first side. The edges of the cakes will begin to appear cooked, and air bubbles will form on the top side of the cake. Flip over and cook for an additional 2 minutes.
8. Repeat the process of adding oil and then the cake batter until all are cooked. You may only need 1/2 Tablespoon of oil prior to cooking the next set of cakes.
9. Serve topped with wojapi.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1 corn cake): Calories 200, Total Fat 7g, Saturated Fat 2g, Cholesterol 25mg, Sodium 180mg, Total Carbohydrates 29g, Fiber 1g, Total Sugars 2g, includes 0g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 10%, Iron 6%, Potassium 2%.

Recipe Source: I Love Native Food 2023 Cookbook; recipe by Jason Champagne, Native Chef LLC