

PRESIDENT RUTHERFORD B. HAYES

CORNMEAL BATTER CAKES

12 SERVINGS

10 MINS
PREP TIME

15 MINS
COOK TIME

INGREDIENTS

- 1 cup cultured buttermilk
- ½ teaspoon baking soda
- 1 large egg, lightly beaten
- ⅔ cup cornmeal
- ½ teaspoon salt
- 3 tablespoons melted unsalted butter or bacon fat (plus extra for greasing pan, if necessary)
- Sour cream, smoked salmon, caviar for garnish (optional)

INSTRUCTIONS

1. Preheat the oven to 200°F and line a baking sheet with foil.
2. Pour the buttermilk into a bowl and stir in the baking soda. Whisk the egg and gradually whisk in the cornmeal, then salt and fat, and ¼ cup water. Heat a seasoned griddle, either electric or stove-top, or a cast-iron skillet until quite hot (380°F on an electric griddle). Brush with a little of the fat if needed. Spoon tablespoonfuls of the batter onto the griddle or pan to make 5-inch pancakes.
3. Turn each over as they are lightly browned and cook the other side until lightly browned. As they are done, transfer to a baking sheet and keep them warm in the oven. Serve the cakes as a side dish or as a first course topped with sour cream and smoked salmon, or salmon caviar.

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NUTRITION PER SERVING (8 SERVINGS)

Calories 115 • Total Fat 6g • Saturated Fat 4g • Sodium 270mg •
Total Carbohydrates 12g • Dietary Fiber 1g • Added Sugars 0g • Protein 3g

DIETITIAN'S NOTE

Enjoy the cornmeal batter cakes in a unique way: Crumble the cakes over (or top them with) plain, fat-free Greek yogurt and berries and lightly drizzle with honey to add protein, probiotics, fiber, and antioxidants to your cakes.

Adapted from: A Sweet Spoonful