



CORN CAKES & PEACH SALSA

COOK LEVEL: Intermediate

COOK TIME: 30 minutes

PREP TIME: 15 minutes

SERVINGS: 6

INGREDIENTS

Corn Cakes

1/2 cup plain yellow cornmeal
1/2 cup flour
4 tsp baking powder
1½ tsp sea salt, divided
½ tsp freshly ground black pepper
2 cups whole milk yogurt
4 large eggs
2 tbsps extra virgin olive oil
(2) 15oz cans of corn
Green onions, diced
Tiny piece of Scotch bonnet pepper, minced

Peach Salsa

(2) 15.25 oz can of peaches, drain and reserve the juice
4 cloves of garlic, minced
1 red pepper, diced
1 red onion, diced
2 tomatoes, diced
1 lime, juiced
Fresh cilantro
Crushed red pepper flakes
Salt and pepper to taste

SUPPLIES

Measuring cups and spoons
Large mixing bowls (3)
Wooden spoon
Whisk
Large cast iron skillet or non-stick pan (without teflon)
Cutting board
Chef's knife

DIRECTIONS

1. Combine flour, cornmeal, baking powder, salt, and pepper into a large bowl.
2. In a separate bowl, combine yogurt, eggs, and oil. Stir until smooth.
3. Add yogurt mixture, along with the corn, green onions and scotch bonnet pepper to the flour mixture; stir just until combined.
4. Heat a large skillet over medium-high heat.
5. Divide corn mixture into 16 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side.
6. Combine salsa ingredients into a bowl, mix to combine. Taste and add some of the reserved fruit juice for sweetness if you like; taste again and adjust ingredients accordingly.
7. Place corn cakes on a plate and top evenly with salsa.
8. Serve & enjoy!

Recipe created by:

BEAUTIFULLY FED
food





CORN CAKES & PEACH SALSA

INGREDIENT SUBSTITUTIONS

Ingredient	Substitution
Produce (aromatics: scotch bonnet pepper, green onions/garlic, red pepper, tomatoes)	Ginger, bell peppers, celery, ginger, shallots, canned tomatoes (and if you only have a little of some items add a little more of the others)
Pantry & Seasoning Items (cornmeal, baking powder, canned corn, canned peaches)	Jiffy's cornbread mix- follow recipe for skillet cornbread, frozen corn, frozen peaches, other canned or frozen fruit
Acid (lime juice)	Apple cider vinegar, lemon juice, white wine vinegar, white wine
Dairy (whole milk yogurt)	Coconut milk yogurt, goat milk yogurt
Herbs (cilantro)	Fresh mint, thyme, parsley, rosemary
Fat (olive oil)	Extra virgin olive oil, butter, avocado oil

Recipe created by:

