



A LOCAL *Ontario food* EXPERIENCE

# recipe of the week

## corn & basil cakes

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From *Eating Well*, July/August 2010. Serves 5.

- 1/2 cup white whole-wheat flour or all-purpose flour
- 1/2 cup milk
- 2 large eggs
- 2 tablespoons canola oil, divided
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups fresh corn kernels (about 2 large ears)
- 1/2 cup chopped fresh basil

Whisk flour, milk, eggs, 1 tablespoon oil, baking powder, salt and pepper in a medium bowl until smooth. Stir in corn and basil.

Brush a large nonstick skillet lightly with some of the remaining 1 tablespoon oil; heat over medium heat until hot (but not smoking). Cook 4 cakes at a time, using about 1/4 cup batter for each, making them about 3 inches wide. Cook until the edges are dry, about 2 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Repeat with the remaining oil and batter, making 10 cakes total. Reduce the heat as necessary to prevent burning.

Makes a great side dish for grilled meats!

Enjoy!