

CRISPY, CREAMED CORN CAKES

(vegan : egg-free : dairy-free)



INGREDIENTS

1 cup besan flour

3/4 cup cornmeal

1/4 cup polenta

1 teaspoon ground cumin

2 teaspoons baking powder

Pinch salt flakes (I use River Murray flaked salt which is delicious)

1 410 gram creamed corn*

1/2 cup extra virgin olive oil

approx 1 cup soy milk

1/2 bunch fresh parsley, chopped

2 spring onions, finely sliced

- Place all dry ingredients together in a large jug or bowl, and mix with a wooden spoon.

- Make a well in the middle of the dry ingredients, and tip the remaining ingredients into the well.
- Stir mixture until well mixed. You may need to add more milk, to get a soft dropping consistency.
- Heat a heavy based frypan over moderate to high heat. Pour in a small slurp of olive oil, and swirl around hot pan to cover.
- Using a tablespoon, drop spoonfuls of mixture into pan.
- Cook for about 2-3 minutes, or until the bottom is crispy. Flip the corncake and cook on the other side.
- As each corncake is cooked, place on a plate and cover with a clean tea towel to keep warm while the rest of the corncake are cooked.
- Serve with sliced avocado, fresh tomato wedges, pickled cucumbers and a green salad.

* You can sub 1 cup of fresh or frozen corn kernels + an extra $\frac{1}{3}$ cup of soy milk instead of creamed corn.