

*From Gluten-Free Nosh at www.glutenfreenosh.com
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<http://glutenfreenosh.com/2013/11/18/corn-pancakes/>*

Thanksgivukkah Corn Pancakes

(gluten-free, dairy or dairy-free)

[By Gluten-Free Nosh](#)

Ingredients:

- 3/4 cup gluten-free flour blend
- 2/3 cup gluten-free cornmeal
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon black pepper
- Pinch ground cayenne pepper
- 1 cup milk (or almond milk)
- 1 egg, lightly beaten
- 3 tablespoons vegetable oil, divided
- 1 cup corn kernels, fresh or frozen (don't need to defrost)
- 2 tablespoons diced mild green chiles
- Sour cream (or Greek yogurt), salsa, black beans and cilantro, for serving

Method:

1. Whisk together the gluten-free flour, cornmeal, salt, baking powder, pepper and cayenne in a medium bowl. Add milk, egg and 1 tablespoon oil, and incorporate. Mix in corn and green chiles. Batter will look liquidy.
2. Heat the remaining 2 tablespoon oil in a large skillet or griddle pan over medium heat. Drop large spoonfuls of batter into the pan. Flip the corn pancakes when bubbles form on the surface and the pancake is golden brown underneath, about 3 minutes. Cook the second side about 3 minutes, until underside is golden brown.
3. Serve the corn pancakes topped with sour cream (or Greek yogurt), black beans and cilantro. For a fun twist, mix a little salsa into the sour cream or yogurt. Or, for a dairy-free option, top the pancakes with a mix of black beans, corn and salsa.

Yield: About 12 pancakes