

Sweetcorn pancakes with bacon



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Preparation: about 15 mins

Cooking: about 20 mins

Serves: 4 for a light meal

Ingredients:

2 sweetcorn cobs, husks removed

3 eggs, separated

1 cup reduced fat milk

1 cup plain flour

2 tsp baking powder

1/4 tsp salt

light olive or vegetable oil, for greasing

250g rindless shortcut bacon rashers

Maple syrup, to serve

Method:

1. Stand corn upright on a board and using a sharp knife, slice downwards close to the cob to remove corn kernels. Set kernels aside.
2. Whisk egg yolks and milk in a jug. Sift flour, baking powder and salt into a large bowl. Make a well in the centre and stir in corn kernels and egg mixture.
3. Beat egg whites in a medium bowl until soft peaks form. Using a metal spoon, gently fold egg whites through corn mixture until just combined.
4. Heat a greased large non-stick frying pan over medium heat until hot. Using 1/3 cup corn mixture per pancake, cook in batches, for 2–3 minutes or until bubbles appear on the surface. Turn pancakes over, and cook for 2 minutes or until pale golden. Transfer to a plate and keep warm.
5. Meanwhile, preheat a grill on medium-high heat. Place bacon on a grill tray. Grill for 2–3 minutes on each side or until crisp. Drain on paper towel.
6. To serve, stack corn pancakes on serving plates, top with grilled bacon and serve drizzled with maple syrup.

Sweetcorn:

- A good source of dietary fibre which keeps the intestine functioning well
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates
- Low GI as its carbohydrates are digested slowly.