

Buttermilk Corn Pancakes with Smoked Salmon and Avocado

Recipe created by Naomi Crisante

Serves 8 (for brunch)
Preparation time 10 minutes
Cooking time 20 minutes

2 cups self-raising flour
¼ teaspoon salt
2 eggs
1 x 600ml carton Dairy Farmers Buttermilk
1 x 420g can corn kernels
¼ cup finely chopped red capsicum or grated pumpkin
2 spring onions, chopped
olive oil, for pan frying
2 tablespoons mayonnaise
1 tablespoon chopped fresh herbs (eg. parsley, basil, chives, dill)
sea salt and freshly ground black pepper, to taste
250g smoked salmon
1 large avocado, sliced

Combine flour and salt in a large bowl and make a well in the centre. Whisk in eggs and 2 cups buttermilk to form a smooth batter. Stir in corn, capsicum and spring onions. Heat a little oil in a large frying pan and, using ½ cup of mixture for each corn cake, cook corn cakes for 5 minutes over medium heat until the underside is golden. Turn over and cook a further 3 minutes or until cooked through. Combine remaining buttermilk with mayonnaise and herbs and season to taste. Top each pancake with smoked salmon and avocado, drizzle with Buttermilk dressing and serve immediately.

Buttermilk Corn Cake Canapés

To make small canapés, simply cook tablespoonsful of mixture and top with finely chopped avocado, smoked salmon strips and drizzle with Buttermilk dressing prior to serving. This mixture will make approximately 48 canapé size corn cakes.

Also try:

- topping corn pancakes with ham and asparagus or smoked chicken and rocket salad.
- substituting corn with grated vegetables such as pumpkin and zucchini.
- Buttermilk dressing as a light alternative to Caesar salad dressing on a salad.

Dairy Farmers Buttermilk is a light-flavoured, tangy cultured milk that adds a delicious lift when used in cooking, particularly for pancakes, scones, cakes, marinades and sauces. Traditionally created from the liquid left behind from buttermaking, Buttermilk is now made from cultured skim milk and does not contain any butter at all. In fact, this milk with the creamy tang is 98% fat free and is the secret ingredient in many wonderful dishes. For more information and recipes visit www.dairyfarmers.com.au