

# spicy corn cakes with black beans

**Black beans**, 1 can (15 oz/  
470 g), drained

**Fresh oregano**, 1 teaspoon  
chopped

**Chili powder**, 2 teaspoons

**Stone ground yellow  
cornmeal**,  $\frac{2}{3}$  cup (3 oz/  
90 g)

**Flour**, 2 tablespoons

**Baking soda (bicarbonate  
of soda)**,  $\frac{1}{4}$  teaspoon

**Salt and freshly ground  
pepper**

**Unsalted butter**,  
3 tablespoons, melted

**Buttermilk**, 1 cup  
(8 fl oz/250 ml)

**Egg**, 1

**Frozen corn kernels**,  
 $\frac{1}{2}$  cup (3 oz/90 g), thawed

**Canola oil**, 2 teaspoons

## 1 Prepare the beans

In a saucepan over medium heat, stir together the beans, oregano, and 1 teaspoon of the chili powder. Cook, stirring occasionally, until the beans are heated through. Remove from the heat, cover, and set aside.

## 2 Make the batter

In a bowl, whisk together the cornmeal, flour, baking soda, the remaining 1 teaspoon chili powder,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon pepper. In another bowl, whisk together the butter, buttermilk, and egg until well combined. Mix the liquid ingredients quickly into the dry ingredients until just blended, leaving small lumps. Fold in the corn.

## 3 Make the pancakes

Heat a large cast-iron frying pan over medium-high heat. Brush it with 1 teaspoon of the oil. Working in batches, add the batter,  $\frac{1}{4}$  cup (2 fl oz/60 ml) at a time. Cook the pancakes until they are browned and puffy, about 4 minutes, turning once. Transfer to a plate and cover loosely with aluminum foil. Stir the batter and wipe the pan with oil between batches. Divide the pancakes among plates. Spoon the beans over the cakes and serve.

SERVES 4

