KitchenBooQ

Corn & Mung pancake

Serves: 8-10 | Cooking Time: 45 minutes | Level: Easy



INGREDIENTS

1 cup split yellow mung beans
1/2 cup rice flour
1 ear's worth of corn kernels
1 small onion, finely chopped
1 jalapeno deseeded & minced
1/4 cup finely chopped cilantro
1/4 teaspoon Cayenne pepper
1/2 teaspoon baking powder
1/2 cup sesame seeds
Salt to taste
plain seltzer water for diluting batter

PREPARATION

1. Soak the mung in warm water for 30 min until it rehydrates & plumps up

2. Using a blender, grind the mung beans along with the rice flour, lemon juice, jalapeno, salt & cayenne pepper until it becomes a smooth paste.

3. Transfer to a bowl, wash the blender jar with seltzer and add the liquid to the batter along with the baking powder, enough to get an adequate thickness for pancake batter.

4. Using the sides of a chef's knife, smash the corn kernels well and add to the batter along with the cilantro & onion. Mix well to combine.

5. Heat a nonstick skillet and sprinkle about 1/2 – 1 teaspoon of sesame seeds. when they begin to pop, ladle the batter evenly over the seeds. cook till golden brown (~ 2 minutes) on the underside. drizzle with oil & turn the pancake over to cook on the other side (~ 2 minutes)

6. Serve hot with a pat of salted butter.