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**RECIPE**

# Corn Cakes

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Preparation Time: 40 minutes  
Cooking Time: 10 minutes  
Total Lesson Time: 1 hour  
Recipe Level: Advanced

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**Background**

Making corn cakes allows students to learn many cooking techniques: blending, whisking, separating eggs, and folding mixtures. Further, students will practice measuring solids and liquids. The whole process is fairly messy, but students love trying each part of the recipe. As the class proceeds, students can make predictions about how and why the instructions require such details.

**Objectives**

*Students will be able to:*

Measure liquids and solids using kitchen-measuring instruments.

Observe, demonstrate, and label the different types of preparations (blending, separating and beating eggs, folding, and pan-frying).

Understand the functions of different tools for cooking.

**Ingredients**

*For a class of 20:*

10 ears of corn  
2½ cups flour  
2 teaspoons salt  
¼ cup canola oil  
5 eggs  
⅔ cup corn flour  
5 teaspoons baking powder  
2½ cups milk

**Materials**

*For the class:*

1 egg (for demonstration)  
hot plate  
measuring spoons  
1 large mixing bowl  
wooden spoon  
griddle or large skillet  
3 measuring cups  
serving spoon  
spatula

*For each group of 4:*

2 cutting boards  
2 knives  
3 bowls (small, medium,  
and large)  
2 egg beaters (optional)  
4 plates  
4 forks  
4 napkins

**Preparation**

1. Place large pot of water on hot plate to boil.
2. Have students wash their hands. Discuss proper methods of handling food.

**Safety Precautions**

Review safety precautions for using knives and the hot plate.

**Making the Recipe**

1. Have each group of students shuck two ears of corn and then cut the kernels off the cob. Students will place the kernels in a bowl and set them aside.
2. Direct each group to measure and combine in a bowl  $\frac{1}{2}$  cup of flour,  $\frac{1}{8}$  cup corn flour, 1 teaspoon baking powder, and a pinch of salt. Note that groups will need to share measuring cups and spoons. Have them set the flour mixture aside.
3. Demonstrate how to separate an egg. Carefully, crack an egg over a small bowl and tip all of egg into one half of the shell letting the clear white of the egg drain into the bowl. Drain as much of the white as possible and place the yolk in a medium mixing bowl.  
Note: Egg separation is messy with students of any age. If you are uncomfortable with students separating eggs, make it a class demonstration.
4. Have each group separate one egg and place the yolk in a medium mixing bowl (or provide them with a separated egg). With a fork, students beat the egg yolk with  $\frac{1}{2}$  cup milk and 1 scant tablespoon oil.
5. Have each group add the flour mixture bit-by-bit, stirring it into the yolk mixture. They then stir in the corn kernels and set the batter aside.
6. Show students how to whip their egg white with an egg beater or fork until it forms stiff, white peaks. Each group should gently fold the egg white into the batter.
7. Have each group bring its batter to the demonstration table to cook.
8. Heat and grease the large skillet or grill. Drop spoonfuls of batter onto the grill. Cook for a couple of minutes, then carefully turn over with a spatula to cook the other side.
9. As each group of students cooks its corn cakes, the rest of the class can write in their journals describing the fun versus difficult parts of making the recipe.
10. While the students eat, each group can discuss its experience in making the recipe.
11. Clean up materials and compost food scraps.