

Sweet Corn Cakes

Author: El Torito Restaurant Chain

Carolyn T's
Cookbook

Servings: 10



2 tablespoons lard, or use additional butter

1/4 cup butter

1/2 cup masa harina

3 tablespoons cold water

10 ounces frozen corn kernels

3 tablespoons cornmeal

1/4 cup sugar, or less, if desired

2 tablespoons whipping cream

1/4 teaspoon baking powder

1/4 teaspoon salt

Serving Ideas: Serve as a side dish to spicy food. Or as a base for hot chili. Even as a side dish to a cold, crispy salad.

Categories: Breads, Brunch/Breakfast

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 149 Calories; 9g Fat (50.7% calories from fat); 2g Protein; 17g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 115mg Sodium. Exchanges: 1 Grain(Starch); 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

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Notes: During the heyday of the El Torito Restaurant chain, this was a "must have." It's SOOO good, and so bad for you!

Description: A sweet custard type cornbread.

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 25 minutes

1. Place lard and butter in a mixing bowl and whip until butter softens. Continue whipping until mixture becomes fluffy and creamy. Add masa gradually and mix until thoroughly incorporated. Add water gradually, mixing thoroughly.
2. Place corn kernels in food processor (or blender) and pulse until coarsely chopped. Add a tablespoon or two of milk if it seems too thick to combine. Stir into the masa mixture.
3. Place cornmeal, sugar, whipping cream, baking powder and salt in a large mixing bowl Mix quickly. Add butter-masa mixture and mix just until blended.
4. Pour into an 8-inch baking pan and cover with foil. Bake at 350° for 40-50 minutes or until corn cake has firm texture. Allow to stand at room temperature for about 15 minutes before cutting. Cut into squares or use a small ice cream scoop.