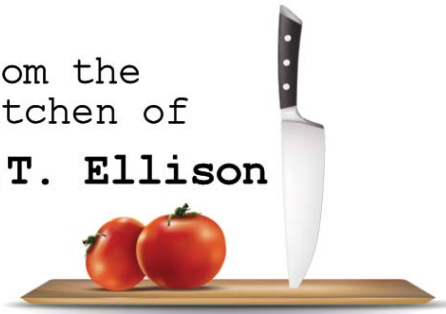


From the
kitchen of
J.T. Ellison



Ingredients:

For the Corn Cakes:

- ✓ 1 tablespoon olive oil
- ✓ ½ red onion, finely diced
- ✓ 2 ears sweet corn, or 1 ½ cups frozen corn
- ✓ ⅓-⅔ cup pastry flour (for you GF folks, use GF King Arthur or rice flour)
- ✓ ¼ teaspoon baking powder
- ✓ 1 egg
- ✓ 1 tablespoon honey
- ✓ 2 tablespoons lime juice
- ✓ ¼ teaspoon salt
- ✓ ¼ cup cilantro

For the Avocado and Goat Cheese salsa:

- ✓ 1 ripe avocado
- ✓ 1 tablespoon lime juice
- ✓ 2 tablespoons minced red onion
- ✓ 2 tablespoons minced cilantro
- ✓ Sprinkle of salt and pepper
- ✓ 1–2 ounces goat cheese

Chipotle Corn Cakes with Avocado & Goat Cheese Salsa

I found this recipe on [Naturally Ella](#), a lovely site that has all kinds of excellent clean recipes. When I made it, I messed it up entirely — I was out of my usual GF King Arthur so used brown rice flour, and I didn't get enough in the mix, because my adorable patties fell apart the first time I tried to flip them. So. I ended up mixing it all together in the pan in a hash, and it was DIVINE. Feel free to screw up the way I did, you won't regret it.

Directions:

For the Corn Cakes:

- Heat ½ tablespoon olive oil over medium heat in a skillet. Add in onions and cook until translucent, 4–5 minutes.
- Remove corn from cob (if using ears) and stir in to onions, continuing to cook until corn becomes soft, 4–5 minutes.
- Remove from heat and place mixture in a bowl. Add ⅓ cup flour, baking powder, egg, honey, lime juice, salt, and cilantro; stir until well combine. Add more flour until mixture pulls together and can form patties.
- Divide batter in to 5–6 patties.
- Heat ½ tablespoon olive oil over medium heat. Place patties in the skillet, and pat the patties until they are one-inch thick.
- Fry on each side for 5–6 minutes. Each side should be browned.
- Top patties with avocado and goat cheese salsa.

For the Avocado and Goat Cheese salsa:

- Remove the skin and pit from the avocado and cut into cubes. Toss with lime juice, red onion, cilantro, and salt/pepper. **(Chef JT's note — this is also possibly the best fresh guacamole recipe ever. I didn't have red onion so used white and it was awesome.)**
- Gently fold goat cheese into the salsa.
- Devour!

As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com](#).
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at [TheWineVixen.com](#).

