



Southern Style “Hamcakes”

With vibrant golden cornmeal, sweet fresh peaches, and crispy ham

Ham Filling

2 Tablespoons unsalted butter, divided

8 ounces deli ham, fine chopped

Fresh Peach Maple Syrup

2/3 cup fresh Georgia peaches, fine chopped

¼ teaspoon ground cinnamon

1 cup maple syrup

Cornmeal Cakes

1/2 cup yellow cornmeal or corn grits

1/2 cup all-purpose flour

3 Tablespoons granulated sugar

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

3 Tablespoons unsalted butter, melted

1/2 cup white grape juice

2 large eggs

1/2 cup Greek plain yogurt
1 teaspoon pure vanilla extract
1/2 cup peach halves, toasted, chopped
Garnish: Fresh peach slices, fresh herbs

1. Melt 1 Tablespoon butter in a nonstick or cast-iron skillet over medium high heat; add ham; sauté until lightly browned. Remove from skillet; set aside.
2. Add 1 Tablespoon butter, peaches, and cinnamon to the skillet; sauté until fruit is lightly browned. Remove from heat; stir in syrup; set aside to stay warm.
3. Preheat pancake griddle to 400-degree F. or use a large nonstick skillet over medium high heat, lightly coat with nonstick oil spray.
4. In a large bowl, stir together cornmeal, flour, sugar, baking powder, baking soda, and salt.
5. In a medium-sized bowl, whisk melted butter, juice, eggs, yogurt, and vanilla until combined.
6. Add wet ingredients to the reserved dry ingredients, stir just until evenly moistened. Fold in reserved sauteed ham into the batter.
7. Pour ¼ cup batter onto hot griddle for each pancake. Cook until brown on the bottom and bubbles around edges, about 2 minutes; then carefully flip; cook until browned about 1 minute more.
8. Arrange the warm pancakes on a serving platter; drizzle with peach maple syrup and sprinkle with chopped pecans as desired. Garnish platter with fresh peach slices and a few herb leaves.

Serves: 4 about 8 pancakes and about 1-1/3 cup peach maple syrup

Cook's Note: I used Professor Torbert's Orange Corn Grits medium grind for the cornmeal and white grape juice. Any desired juice can be substituted for the liquid ingredient. Make your ham pieces small to make flipping the pancakes easier and cook only about two or three at a time.

Recipe Inspired by: *Cuisine at Home*, April 2005

About the Recipe: This recipe is delicious to serve for breakfast or even a quick dinner. Enjoy the golden tender corncakes filled with crisp ham bits, drizzled with sweet maple syrup, and enhanced with pieces of sweet juicy peaches. It's comfort food at its best.