

ANCHOVY CHICKEN

with Lemon and Capers

There's nothing wrong with a simple dinner of pan-seared chicken with lemon and garlic. But there's everything right with the same chicken when you add capers and plenty of anchovies to the pan. What was once timid and expected turns vibrant, savory, and impossible to stop eating.

In this dish, the cut of chicken is less important than the pungent, garlicky pan sauce that goes with it. Since I love the full, rich flavor of dark meat, I call for boneless thighs. But if you prefer, substitute boneless, skinless breasts and subtract a few minutes from the cooking time; just watch them carefully so they don't dry out on you.

Although you could make this dish entirely on the stovetop, I take a cue from chefs and finish it in the oven. It cooks more evenly there, and you don't need to stand over it while it does. This frees you up to toss a salad and slice a crusty loaf of bread for mopping up the juices. If you love anchovies and garlic, you won't want to leave even a drop behind.

1¼ pounds boneless, skinless chicken thighs (4 to 5 thighs)

1 teaspoon kosher salt

Freshly ground black pepper

6 garlic cloves, smashed and peeled

¼ cup extra-virgin olive oil

5 oil-packed anchovy fillets

2 tablespoons capers, drained and patted dry

Large pinch of red chile flakes

1 lemon, halved

Chopped fresh parsley, for serving

Crusty bread, for serving

TOTAL TIME: 30 MINUTES

SERVES 4

1. Heat the oven to 400°F.

2. Season the chicken thighs with the salt and pepper. Mince one of the garlic cloves and set it aside for later.

3. Heat a 12-inch oven-safe skillet over medium-high heat, and then add the olive oil; it should thin out on contact. When the oil is hot, add the 5 smashed garlic cloves and the anchovies, capers, and chile flakes. Lower the heat to medium. Cook, stirring with a wooden spoon to break up the anchovies, until the garlic browns around the edges and the anchovies dissolve, 3 to 5 minutes.

4. Add the chicken thighs and cook until nicely browned on one side, 5 to 7 minutes. Flip the thighs over, transfer the skillet to the oven, and cook until the chicken is cooked through, 5 to 10 minutes.

5. When the chicken is done, transfer the thighs to a plate (be careful—the skillet handle will be hot, so use a pot holder or oven mitt). Place the skillet over medium heat, and add the reserved minced garlic and the juice of one of the lemon halves. Cook for about 30 seconds, scraping up the browned bits on the bottom of the skillet. Return the chicken to the skillet and warm it in the sauce for 15 to 30 seconds.

6. Squeeze the remaining lemon half over the chicken, and garnish with chopped parsley. Serve with crusty bread for mopping up the delicious pan sauce.

PORK SCALLOPINI

with Sage, Black Pepper, and Apples

You can use thin slices of any meat to make these dead simple scallopini—veal, turkey, chicken—but pork will give you the deepest flavor and the most tender texture. With most scallopini recipes, the meat is cooked first, then the pan sauce is built around its flavorsome drippings. But here, because the apples take longer to cook than the pork, I sauté them first with black pepper, cinnamon sugar, and apple cider vinegar. Once they're caramelized and velvety, I remove them from the pan and very quickly sear the pork in those tangy sweet juices, along with anchovies, sage, and garlic, to bring out the savory character of the meat. It's a dish for autumn or winter that's both sophisticated and homey, and very wonderful to eat.

6 pork cutlets (4 ounces each),
pounded to ¼-inch thickness

Kosher salt and freshly ground
black pepper

3 tablespoons unsalted butter

2 large apples, preferably a tart
and crisp variety such as Granny
Smith or Rome, cored and cut into
thick wedges

Large pinch of sugar

Large pinch of ground cinnamon

1 tablespoon cider vinegar

3 tablespoons extra-virgin olive oil

6 garlic cloves, smashed and peeled

4 small oil-packed anchovy fillets
(optional)

16 fresh sage leaves

TOTAL TIME: 45 MINUTES
SERVES 4

1. Season the pork all over with salt and pepper to taste.

2. In a large skillet set over medium-high heat, melt the butter. Add the apples, sugar, cinnamon, and ¼ teaspoon black pepper. Cook, stirring occasionally, until the apples are tender, 5 to 7 minutes. Then add the vinegar and cook for 1 minute more. Transfer the apples to a plate.

3. Return the skillet to the heat and add 1 ½ tablespoons of the olive oil. Stir in 3 garlic cloves,

2 anchovies, and 8 sage leaves; cook for 15 seconds. Add 3 pork cutlets to the skillet and cook until they are well browned, 1 to 2 minutes per side. Add a few spoonfuls of water to the skillet to help scrape up any browned bits from the bottom. Transfer the cutlets and juices to warmed serving plates. Repeat with the remaining oil, garlic, anchovies, sage, and pork. Top the cutlets with the apples and pan sauce, and serve.

GINGER PORK MEATBALLS

with Cilantro and Fish Sauce

These intense little meatballs taste like the filling of Chinese pork dumplings: bright with ginger, cilantro, and lime. And if you serve them over rice noodles slicked with a few drops of sesame oil, you'll get a similar textural experience, too—the slippery noodles taking the place of dumpling skins surrounding the pungent meat. But the meatballs are also great over Coconut Rice (page 381). The Smashed Sichuan Cucumber Salad (page 379) is a perfect side, adding some Asian-inflected crispness to this dish; but plain sliced radishes are nice, too.

Ground turkey, preferably dark meat, works really well here if you don't want to use pork.

1. Prepare the meatballs: In a large bowl, gently combine the pork, cilantro, scallions, chile, ginger, garlic, lime zest and juice, soy sauce, fish sauce, and salt. Roll the mixture into 1-inch balls. (At this point you can wrap the meatballs well and refrigerate overnight before cooking.)

2. Heat the broiler. Set the rack at least 4 inches from the heat source. Arrange the meatballs in a single layer, not touching, on one or two rimmed baking sheets.

3. Broil the meatballs, turning them occasionally, until they are golden all over and just cooked through, 8 to 10 minutes.

4. Meanwhile prepare the dipping sauce: In a small bowl, whisk together the vinegar, soy sauce, Sriracha, sesame oil, and brown sugar.

5. Serve the meatballs with the sauce alongside for dipping.

FOR THE MEATBALLS

- 1 pound ground pork
- ½ cup finely chopped fresh cilantro leaves
- ¼ cup finely chopped scallions (white and green parts)
- 1 serrano chile, seeded and chopped
- 1 tablespoon finely chopped peeled fresh ginger
- 3 garlic cloves, grated on a Microplane or minced
- Finely grated zest of 1 lime
- 2 teaspoons fresh lime juice
- 2 teaspoons soy sauce
- 1 teaspoon Asian fish sauce
- ½ teaspoon kosher salt

FOR THE DIPPING SAUCE

- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon Sriracha or other hot sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon light brown sugar

TOTAL TIME: 30 MINUTES

SERVES 3 OR 4

SPICY ROASTED SHRIMP

with Eggplant and Mint

File this under: sheet-pan supper, the shrimp edition. Okay, I suppose that technically this requires two sheet pans, since I roast the eggplant separately from the crustaceans to give everything enough elbow room to sizzle and brown without steaming. The eggplant, tossed with spicy harissa, olive oil, and cumin, goes into the oven first to give it a head start, then the quicker-cooking shrimp goes in next. That way, it can all emerge at the same time, with the eggplant golden and crisp and the shrimp pink and juicy.

You may notice that I use cumin in two different ways in this recipe, both ground and the whole seeds. I find the ground spice to be earthier and rounder in flavor, while the whole seeds are more pungent. When combined, they give you a fuller, richer hit of cumin.

1. Heat the oven to 400°F.

2. In a small bowl, whisk the $\frac{1}{3}$ cup olive oil with the harissa, ground cumin, and 1 teaspoon of the salt. Spread the eggplant chunks on a large rimmed baking sheet and toss with the harissa mixture. Roast, tossing occasionally, until lightly browned all over, about 20 minutes.

3. While the eggplant is cooking, pat the shrimp very dry with paper towels. In a bowl, toss the shrimp with the remaining $1\frac{1}{2}$ tablespoons oil, cumin seeds, lemon zest, remaining $\frac{1}{4}$ teaspoon salt, and black pepper. Arrange the shrimp in a single layer on another rimmed baking sheet.

4. Raise the oven temperature to 425°F. Transfer the shrimp to the oven, and roast along with the eggplant until the shrimp are just opaque and the eggplant is golden brown and tender, about 7 to 10 minutes. If the shrimp cooks through but the eggplant needs more time, remove the shrimp from the oven and continue to roast the eggplant until browned.

5. Combine the shrimp and eggplant on a large platter or on individual serving plates. Drizzle with olive oil and lemon juice, top with mint leaves, and serve.

$\frac{1}{3}$ cup plus $1\frac{1}{2}$ tablespoons extra-virgin olive oil, plus more as needed

2 tablespoons harissa

$1\frac{1}{2}$ teaspoons ground cumin

$1\frac{1}{4}$ teaspoons kosher salt

1 large eggplant (1 pound), cut into $1\frac{1}{2}$ -inch chunks

12 ounces extra-large shrimp, shelled and deveined

$\frac{1}{2}$ teaspoon cumin seeds

$\frac{1}{2}$ teaspoon finely grated lemon zest

$\frac{1}{4}$ teaspoon freshly ground black pepper

Lemon juice, for drizzling

Torn fresh mint leaves, for garnish

TOTAL TIME: 40 MINUTES

SERVES 2

STOVETOP MAC & CHEESE

If your go-to mac and cheese comes from a box, this recipe just might change your life. Not only is it as quick to make as the boxed stuff, it's also about a thousand times tastier, and adults like it as much as kids do.

The trick here is to whisk the cheeses into the heavy cream, which instantly turns into the most velvety, luscious cheese sauce you can imagine. Don't fear the cream! Although we've been trained to think that heavy cream is a fatty devil, it's not inherently bad for you as long as you don't chug it straight from the carton (though I have been known to take tiny sips here and there). Plus, if you can find cream from 100 percent grass-fed cows, the omega-3-rich fat is actually beneficial. And, if you think about the fact that most mac and cheese recipes rely on butter-and-flour-rich béchamels, heavy cream is both lighter—it's only a couple of tablespoons per serving—and a whole lot simpler. It really does make for a delicious sauce. (Pro-cream rant over.)

I started making this for my daughter, Dahlia, as soon as she turned one, using whole-wheat pasta. Now, as much as she'd like me to buy the mac and cheese with the bunny on the box out of allegiance to small and furry creatures, she greatly prefers my version. It's a small victory over processed foods, but I'll take it.

Kosher salt, as needed

8 ounces regular or whole-wheat elbow macaroni

½ cup heavy cream

1¼ cups grated cheddar cheese (5 ounces)

Freshly grated nutmeg to taste

Freshly ground black pepper to taste

**TOTAL TIME: 15 MINUTES
SERVES 2 OR 3**

1. Bring a large pot of heavily salted water to a boil. Add the macaroni and cook until it is al dente, about 1 minute less than the package directions. Drain.

2. Return the empty pot to medium-high heat. Add the cream, and cook until it is thick, bubbling, and reduced by half, about 2 minutes. Stir in the cheese, whisking until it has melted. Then stir in the pasta and cook until well combined. Season to taste with nutmeg and pepper, add more salt if needed, and serve.

ASPARAGUS CARBONARA

Imagine pasta carbonara, but with asparagus instead of noodles. That's what this dish is. It has that same irresistible pancetta-, cheese-, and egg-rich sauce, just much, much lighter with stalks of bright green asparagus as the center of the plate. This can be a meal on its own when you accompany it with some crusty bread for mopping up the sauce and maybe some good cheese on the side (something with personality, a runny-centered washed-rind cheese would be nice). You could also serve it as a first course at a dinner party, or a fancy side dish for a simple roast fish or chicken. If you can't find pancetta, bacon works, too, and will give this a smoky flavor, which changes the dish a bit, but in a delightful way.

1 pound asparagus, ends trimmed

4 ounces pancetta, cubed

2 large egg yolks, lightly beaten

½ tablespoon unsalted butter

**3 tablespoons freshly grated
Parmigiano-Reggiano cheese**

Fine sea salt, as needed

**¼ teaspoon freshly ground
black pepper**

**TOTAL TIME: 15 MINUTES
SERVES 2**

1. If the asparagus are thicker than ½ inch, slice the spears in half lengthwise (if using thin ones, you can skip this step). Next, slice crosswise into 2-inch pieces.

2. Heat a large skillet over medium-high heat, add the pancetta, and cook until crisp, 3 to 5 minutes.

4. Leaving just enough fat to coat the skillet and cling to the pancetta, pour off the remaining

fat if there is any. Add the asparagus and 2 tablespoons of water, and cook until the asparagus is just tender, 2 to 4 minutes.

5. Immediately toss the egg yolks and butter into the skillet. Cook, tossing, until the butter has melted. Toss in the cheese, a large pinch of salt, and ¼ teaspoon pepper, and serve immediately, adding more salt if needed.

ROASTED CARROTS

with Walnuts, Feta, and Dill

More than the other recipes in this chapter, these sweet roasted carrots really walk the line between main course and side dish. And they do make a fantastic accompaniment to just about anything—roasted or stewed meats, bean dishes, even tofu stir-fries. But the flavors of caramelized carrot mixed with toasted walnuts, salty feta, and plenty of feathery dill are so compelling that they truly deserve to be the focal point of a meal, maybe arranged over a deep platter of something flavorful and starchy—quinoa (page 277), polenta (page 277), or white beans (page 232).

If you can get a mix of carrots in different colors—orange, white, and burgundy—they'll make for an especially stunning presentation.

1 pound medium carrots, halved lengthwise
1 tablespoon extra-virgin olive oil, plus more for serving
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ cup coarsely chopped walnuts
2 ounces feta cheese, crumbled (½ cup)
1 tablespoon chopped fresh dill or mint leaves
Pomegranate molasses or balsamic vinegar, for serving

TOTAL TIME: 45 MINUTES
SERVES 2 TO 4

1. Heat the oven to 425°F.

2. Toss the carrots with the olive oil, salt, and pepper. Arrange them on a rimmed baking sheet. Roast, tossing after 20 minutes, until the carrots are golden and almost tender, about 35 minutes. Add the walnuts to the baking sheet and continue cooking until the walnuts

are golden and fragrant, about 7 minutes.

3. Arrange the carrots on serving plates. Sprinkle the nuts and crumble the feta over the top. Finish with the dill and a good drizzle each of olive oil and pomegranate molasses.

SPINACH SALAD

with Chickpeas and Sweet Potatoes

There's a lot going on in this hearty salad. It has crunchy, salty chickpeas imbued with spice, which act sort of like croutons, but they are packed with protein. Then, there are sweet potatoes and carrots roasted until exquisitely tender and sweet. The garlic-spiked yogurt dressing is creamy and rich. And finally, there's the spinach, which is earthy, fresh, and, if you use crinkly mature leaves rather than floppy baby spinach, adds another textural element.

If you have time to let the chickpeas air-dry for an additional fifteen to thirty minutes at the end of step 2, they will turn especially crisp in the oven.

1½ cups cooked chickpeas, homemade (see pages 232 to 233) or 1 15-ounce can, rinsed and drained

2 large sweet potatoes (1½ pounds), peeled and cut into 1-inch cubes

2 medium carrots (8 ounces), cut into ¼-inch-thick rounds

8 tablespoons extra-virgin olive oil

¼ teaspoon kosher salt, plus more as needed

Freshly ground black pepper to taste

2 sprigs fresh thyme

½ teaspoon chili powder

½ teaspoon ground cumin

½ cup plain Greek yogurt, preferably whole-milk

2 teaspoons fresh lemon juice

1 garlic clove, grated on a Microplane or minced

5 ounces (5 cups) spinach

2 tablespoons thinly sliced shallots

1. Heat the oven to 400°F.

2. Line a large baking sheet with a clean dish towel or several layers of paper towels, and spread the drained chickpeas evenly on top. Pat them dry with another dish towel or paper towels.

3. In a large bowl, toss the sweet potatoes and carrots with 2 tablespoons of the olive oil, and season them with the ¼ teaspoon salt and black pepper to taste. Spread them out on a large rimmed baking sheet and top with the thyme sprigs. Roast, tossing the vegetables occasionally, until they are golden brown and very tender, 40 to 50 minutes.

4. Once you have put the vegetables in to roast, toss the chickpeas in a medium bowl with 2 tablespoons of the olive oil, the chili powder, the cumin, and a

large pinch of salt. Spread them out on another rimmed baking sheet. Ten minutes after the vegetables have begun roasting, place the chickpeas in the oven and roast until they are crisp and golden brown, 30 to 40 minutes. Let the vegetables and chickpeas cool slightly before dressing. They should be warm or lukewarm, not piping hot and not cold.

5. In a small bowl, whisk together the yogurt, lemon juice, and garlic. Slowly whisk in the remaining 4 tablespoons oil. Season the dressing with salt and pepper to taste.

6. In a large bowl, combine the spinach, roasted vegetables, roasted chickpeas, and shallots. Toss with enough dressing to lightly coat the vegetables and greens, and serve at once.

TOTAL TIME: 20 MINUTES
SERVES 4

SUMMER VEGETABLE

SALAD *with Tapenade and New Potatoes*

In this colorful composed salad, a mix of different vegetables is served alongside a pungent, garlicky black olive tapenade for dipping and slathering—exactly the kind of thing that hits the spot on a steamy summer evening. You can use any vegetables you like here. And feel free to skip the eggplant if it's just too hot to turn on the oven—or try grilling instead of roasting.

If you're a tapenade fan, you'll probably want to use this intensely briny paste everywhere—in sandwiches, on meats, or made into a dip by whisking in some Greek yogurt or sour cream. It will keep for at least a week in the fridge, or even longer if you drizzle the top with a thin coating of olive oil, which will help preserve it.

1. Heat the oven to 400°F.

2. **To prepare the vegetables:** On a large rimmed baking sheet, toss the eggplant with the olive oil, the salt, and black pepper to taste. Spread the cubes out in a single layer and roast, tossing them occasionally, until they are golden brown and tender, 20 to 25 minutes. Let the eggplant cool to room temperature.

3. While the eggplant is roasting, put the potatoes in a large pot and add water to cover; salt the water generously. Place the pot over medium-high heat, bring to a boil, and then reduce the heat; simmer until the potatoes are tender, about 20 minutes. For the last 2 minutes of cooking, drop in the string beans and ear of corn. Drain the

vegetables and let them cool. Cut the cooled potatoes, if they are large, into bite-sized chunks, and cut the kernels from the corncob.

4. **Make the tapenade:** In a food processor, combine the olives, basil, capers, olive oil, lemon zest and juice, garlic clove, and anchovy fillet. Pulse until a coarse spread forms. You should have about 1 cup.

5. Arrange the eggplant, potatoes, string beans, cucumbers, and tomatoes on a large platter. Drizzle them very generously with olive oil and sprinkle with lemon juice. Sprinkle with coarse sea salt and black pepper to taste. Serve, with the tapenade alongside for dipping and smearing.

FOR THE VEGETABLES

1 pound eggplant, cut into 1-inch chunks

3 tablespoons extra-virgin olive oil, plus more as needed

½ teaspoon kosher salt, plus more as needed

Freshly ground black pepper, as needed

12 ounces small new potatoes (any variety is fine)

4 ounces string beans, trimmed

1 ear fresh corn, husked

3 Kirby cucumbers, cut into ½-inch-thick rounds

1 cup cherry tomatoes, halved

Juice of ½ lemon

Coarse sea salt, as needed

FOR THE TAPENADE

1¼ cups pitted Kalamata olives

½ cup fresh basil leaves, coarsely chopped

2 tablespoons drained capers

2 tablespoons extra-virgin olive oil

Grated zest and juice of ½ lemon

1 large garlic clove, chopped

1 oil-packed anchovy fillet, chopped

TOTAL TIME: 40 MINUTES

SERVES 4 TO 6

Killer HUMMUS with Whole Chickpeas

Ultra-creamy and just garlicky enough, of all the hummus recipes I've made over the years, this one is the keeper. Part of the key to its plush, smooth texture is to puree the chickpeas while they are still warm, which encourages them to break down more completely than do cold peas. You'll note that the chickpeas are not peeled here as they are in some more fanatical hummus recipes. That's because they are cooked with baking soda, which helps soften the skins enough to process the beans into a smooth puree. However, if you are using canned chickpeas and want to peel them, or if you just feel like peeling your freshly cooked peas (which is certainly a kind of repetitive therapy), go right ahead.

1. Soak the chickpeas overnight in water to cover and a large pinch of salt. Or quick-soak by covering the chickpeas with boiling water and letting them soak for 2 hours. Either way, drain and rinse the chickpeas before proceeding.

2. Place the chickpeas in a large pot and add enough water to cover them by 4 inches. Add the baking soda and 2 teaspoons of the salt, and bring to a boil. Then reduce the heat and simmer until the chickpeas are very, very soft, 1 to 1½ hours (overcooked chickpeas work well for a smooth hummus). Drain; you'll have about 3 cups. Reserve 3 tablespoons for garnish. Continue with the next step while the chickpeas are still warm.

3. Using a blender or food processor, blend the lemon juice, garlic, and remaining 1¼ teaspoons salt. Let the mixture sit for 10 minutes for the salt to dissolve and the flavors to develop. Then add the tahini and the cumin, and blend, scraping down the sides of the bowl as needed, until a thick paste forms. With the blender

running, gradually add the ice water, 1 tablespoon at a time, until the sauce is smooth.

4. Add the warm drained chickpeas and the olive oil to the blender, and blend, scraping down the sides of the bowl, until the mixture is smooth, about 2 minutes. The mixture should be silky smooth. Feel free to add more water if you think the hummus is too thick. Taste for seasoning, and add more salt and/or lemon juice if needed.

5. Spread the hummus out on a flat plate, and garnish it with olive oil and a dusting of paprika.

NOTE: If you like, you can substitute canned chickpeas here, though the flavor won't be quite as sweet and earthy as it is when made with freshly cooked peas, but it will still be quite good. To make the substitution, drain and rinse 2 15-ounce cans of canned chickpeas before starting the recipe at step 3. Microwave the canned chickpeas for 30 to 45 seconds, until warm, before adding them to the blender in step 4, and add 2 to 4 tablespoons warm water; you may need to run the blender for up to 5 minutes. For more information, see pages 232 to 233.

1 cup dried chickpeas (or use canned chickpeas; see Note)

¾ teaspoons kosher salt, plus more as needed

1 teaspoon baking soda

½ cup fresh lemon juice (from 1½ to 2 large lemons)

2 to 3 garlic cloves, to taste, grated on a Microplane or minced

1 cup tahini

¼ teaspoon ground cumin

4 to 6 tablespoons ice water

3 tablespoons extra-virgin olive oil, plus more for drizzling

Sweet or hot paprika, for dusting

**TOTAL TIME: 2 HOURS + AT LEAST 2 HOURS SOAKING TIME
MAKES APPROXIMATELY ¾ CUPS/
SERVES 6 TO 8**

Skillet BROWN-BUTTER CORNBREAD

Baking your cornbread in a preheated skillet is more than just a stylish way to present it; it also gives you a nicely crisp crust. When the batter hits the hot pan, it immediately starts to sear, allowing it time to turn brown and very crunchy while the center stays moist. Serve this slathered with butter whenever you want something slightly sweet and crumb-y to give a little more substance to your meal. It's also excellent for breakfast or brunch, and leftovers keep well wrapped in foil and stored at room temperature for at least two days.

1. Heat the oven to 375°F.
2. In a 12-inch ovenproof (preferably cast-iron) skillet, melt the butter over medium heat. Cook, swirling the butter to coat the sides and bottom of the skillet, until the foam subsides and the butter turns a deep nut-brown, about 5 minutes (watch carefully to see that it does not burn). Another clue as to when the brown butter is ready: the frantic bubbling noise will quiet down as the moisture cooks out of the butter. Pour the brown butter into a large bowl. Do not wipe out the pan.
3. Whisk the honey into the brown butter; then whisk in the buttermilk. The butter mixture should be cool to the touch; if not, wait until it is. Then whisk in the eggs. Whisk in the cornmeal, both flours, baking powder, salt, and baking soda. Finally stir in the corn if using.
4. If the skillet is no longer at least somewhat hot (cast iron will retain the heat longer than other metals), heat it on the stove for a few minutes until it's quite hot. Scrape the batter into the hot skillet, place it in the oven, and bake until the top is golden brown and a toothpick inserted into the center emerges clean, 25 to 35 minutes.
5. Dust the top of the cornbread with chile powder if you like. Let it cool in the skillet for 10 minutes before slicing it.

12 tablespoons (1½ sticks) unsalted butter

½ cup (113 grams) honey

2¼ cups (550 grams) buttermilk

3 large eggs

1½ cups (180 grams) yellow cornmeal, fine or medium grind (not coarse)

½ cup (65 grams) whole-wheat flour

½ cup (60 grams) all-purpose flour

1½ tablespoons (18 grams) baking powder

1½ teaspoons (9 grams) kosher salt

½ teaspoon (5 grams) baking soda

¼ cup (130 grams) fresh corn kernels (from 1 small ear), optional

Good red chile powder, such as chipotle or New Mexico, for garnish (optional)

TOTAL TIME: 1 HOUR

MAKES 12 SLICES