




Blue Corn Pancake Tacos with Whipped Honey Ricotta & Roasted Figs



This dish is a celebration of opposites. Picture this: earthy floral meets creamy, with a hint of caramelization. Rustic meets refined.

It's a bit of breakfast, a bit of dessert, a bit of history. It's completely genius and delicious.

			
PREP TIME		COOK TIME	
15 mins		20 mins	
			
COURSE		SERVINGS	
Breakfast		4 people	
		CALORIES	
		260 kcal	

INGREDIENTS

Blue Corn Pancakes

- 1 cup blue cornmeal
- 1/2 cup all- purpose flour or gluten-free blend
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1 1/4 cups buttermilk
- 1 tbsp maple syrup
- 2 tbsp melted butter or coconut oil

Whipped Honey Ricotta

- 1 cup whole milk ricotta
- 2 tbsp raw honey
- 1/2 tsp vanilla extract

- 1 pinch salt to taste

Roasted Figs

- 8 figs halved
- 1 tbsp balsamic glaze or maple syrup
- 1 tsp olive oil
- 1 pinch salt to taste

Optional

- pistachios crushed
- lemon zest
- fresh mint or thyme
- extra honey for drizzle

INSTRUCTIONS

1. *1. Roast the Figs*

Preheat your oven to 400°F (200°C). Line a small baking tray with parchment paper. Lay your fig halves cut side up and drizzle with olive oil and balsamic glaze (or maple syrup if you want it sweeter). Sprinkle lightly with flaky salt. Roast for 12–15 minutes until softened and slightly caramelized.

2. *2. Make the Pancakes*

In a mixing bowl, combine the blue cornmeal, flour, baking powder, and salt. In a separate bowl, whisk together egg, buttermilk, maple syrup, and melted butter. Pour the wet ingredients into the dry and stir just until combined. Heat a lightly greased skillet over medium heat. Pour ¼ cup batter for each pancake and cook for 2–3 minutes per side, or until golden and set. Once slightly cooled but still warm, gently fold into a taco shape.

3. *3. Whip the Ricotta*

In a bowl, combine ricotta, honey, vanilla, and a pinch of salt. Whip using a hand mixer (or a strong whisk arm!) until light and creamy—about 1–2 minutes.

4. *4. Assemble the Tacos*

Fill each blue corn pancake with a generous spoonful of whipped ricotta. Top with 2 fig halves. Garnish with crushed pistachios, fresh herbs, lemon zest, and a final drizzle of honey.

NOTES

Estimated Nutrition Facts (Per Taco)

- **Calories:** 260
- **Protein:** 7g
- **Carbohydrates:** 28g
- **Fat:** 14g
- **Fiber:** 3g
- **Sugar:** 10g

