Black Bean and Sweetcorn Waffle Fingers

8 thin savory waffles cut into 32 fingers; 4 fingers and 25 g salsa per buffet portion | Active 45 min | Cook 65 min | Total 120 min (warm service) | Cold-travel planning: 210 min; follow the stated cooling endpoint and finishing route.

Ingredients

- 5 1/4 oz (150 g) frozen sweetcorn
- 1 can black beans, about 14-15 oz/400-425 g, drained and rinsed to give 8 1/2 oz (240 g)
- 1 1/2 cups (180 g) all-purpose flour
- 1/2 cup (80 g) fine cornmeal
- 1 tbsp (12 g) baking powder
- 1/2 tsp (3 g) fine salt
- 1 tsp (2 g) ground cumin
- 2 large eggs, 100 g without shells
- 1 1/4 cups (300 ml) milk
- 2 tbsp (30 ml/28 g) neutral oil, divided: 1 1/2 tbsp in batter and 1/2 tbsp for iron
- 7 oz (200 g) commercially prepared ready-to-eat tomato salsa, chilled after opening

Set out

Waffle iron with manufacturer instructions, suitable for about 2/3 cup/150 ml batter per thin waffle, Oven and rack set over a baking sheet, Saucepan and colander for corn, Mixing bowl and masher, Covered bowl and refrigerator space for waiting raw batter, Digital scale, Food thermometer, Knife, Small salsa bowl and clean spoon, Cooler with ice packs, Second mixing bowl or jug for wet batter

Allergens

Wheat, Milk, Egg. Check labels and substitutions.

Make it

1. Cook the frozen corn according to the full package instructions. Drain and spread shallowly to cool 10 minutes. Mash the drained black beans until mostly smooth. Heat the waffle iron according to its instructions and the oven to 200°F (95°C), with a rack over a sheet inside.

2. Mix flour, cornmeal, baking powder, salt and cumin. In another bowl beat the eggs, milk and 1 1/2 tbsp of the oil. Combine wet and dry mixtures, then fold in the mashed beans and cooled corn. Weigh the whole batter and divide mentally into 8 equal portions, about 150 g each; exact total varies with draining. Keep the covered bowl refrigerated at 40°F (4°C) or below between waffles.

3. Brush the grids sparingly using the remaining 1/2 tbsp oil across the whole batch. Add one portion without exceeding the iron’s capacity. Close and cook 5-7 minutes, or for the manufacturer’s suitable cycle, until set with crisp ridges and at least 160°F (71°C) in the center. Remove only the next raw portion from the refrigerator as needed. Make smaller extra waffles if required; allow extra time.

4. Put cooked waffles on the oven rack, without stacking, and keep at least 140°F (60°C) during the brief batch hold. Let each stand 1 minute before cutting into four fingers. Divide the salsa into a serving bowl and serve 4 fingers with about 25 g salsa per portion.

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Bring it

Transport cold waffles in a shallow box and salsa in a sealed container, both at 40°F (4°C) or below in a cooler. Do not seal hot waffles into a sweaty stack for the journey. During packing, travel and display, keep cold food at 40°F (4°C) or below and hot food at 140°F (60°C) or above. Allow no more than 2 hours combined outside those controls, or 1 hour above 90°F (32°C). Discard food beyond that limit.

Finish at the gathering

Ask for an oven and rack, allowing about 12 minutes at 375°F (190°C) to reheat waffles to 165°F (74°C). Cut after reheating. If no oven is available, serve fully cooked cold fingers in small batches with chilled salsa; the texture will be softer.

Make it yours

Use a paper-lined platter for a birthday buffet or a small plate per guest at a game night. The four-finger portion is easy to scale by cooking a second complete batch rather than crowding the iron.

Ingredient labels

Check salsa, baking powder and bean labels for added allergens. Cornmeal does not make this wheat-containing recipe gluten-free.

A useful detail

The 120-minute total covers cooked-corn preparation/cooling, mixing, up to 56 minutes of sequential waffle cycles and cutting. A slower or smaller iron can take longer. The salsa is not cooked into the waffles; keep it cold until serving. The displayed 120-minute total is for warm service. For the chilled Bring it route, plan a further 60-90 minutes of refrigerator chilling after the stated initial cooling, about 210 minutes overall before cold transport. Use shallow portions and check that all perishable components are at 40°F (4°C) or below; a clock alone does not establish that endpoint, and actual cooling may take longer.

Another way

Replace the black beans with 240 g drained canned red kidney beans, mashed thoroughly. Use only commercially canned ready-to-eat beans.

Use 2 g smoked paprika in place of cumin.

Keep it well

Refrigerate cooled waffles in a single layer, then cover at 40°F (4°C) or below for up to 3 days. Follow the salsa’s opened-storage label. Reheat waffles on a rack at 375°F (190°C) to 165°F (74°C), about 8-12 minutes. Freeze cold waffles for up to 1 month for quality; thaw in the refrigerator. Respect the combined travel-and-display limit in “Bring it.”