

## Sweet Corn

### Store

- Choose corn with a pale green husk on it.
- In the refrigerator with the husk on for up to a week.

### Prepare

To boil remove the husk by stripping it back from the top down, bringing as much of the silk as possible with it.



### Cook

To boil: Add cobs to boiling water and cook covered for 5 mins.  
 Steam: Over boiling water for 10 mins.  
 Microwave: Keep husks on and sprinkle with a little water and cook 4 – 6 mins.  
 BBQ: Peel back husk, remove the silk then replace the husk. Soak cobs for 3hrs to prevent scorching then cook 15 mins turning midway.

### Add Flavour

- Corn is just perfect without any added flavourings. Eat lots of it when it is in season.
- You can blanch it and freeze it in plastic bags if you have an oversupply.

### Vege Up

- Add corn kernels to frittatas, or in a vegetable fritter.
- Add to casseroles, mince dishes, soups.

## Recipe Ideas

### White Bean, Corn and Avocado Salad

400gm can cannellini or chick peas, drained and rinsed  
 2 cups corn kernels  
 2 stalks celery, diced  
 ½ pepper diced  
 1 avocado, chopped  
 1 Tb oil  
 1 Tb lemon juice or vinegar  
 2 Tb chopped chives



- Mix oil, lemon juice and chives and toss over the vegetables and mix well.
- Add salt and pepper to taste.

### Fresh Corn and Zucchini Salad

2 corn cobs, husks removed  
 300 gms zucchini, halved lengthways  
 1 avocado, chopped coarsely  
 1 medium red onion, halved, sliced thickly  
 ¼ cup coarsely chopped fresh coriander, parsley or chives

#### Dressing:

1 Tb sweet chilli sauce  
 1/3 cup lemon or lime juice

- Grill or BBQ corn and zucchini. Cool and remove kernels from cobs.
- Cut zucchini into 5-6cm lengths and combine with all vegetables.
- Mix dressing ingredients and then toss through the vegetables.