

Sweetcorn

Available

Summer months January to April.

Buy

Corn with fresh green husks (outer leaves) and yellow to light brown tassels (inner strands). The darker the tassel the riper the corn. The kernels should be fat and juicy.

Store

In the vegetable bin in the fridge.



Prepare



Remove the tassel from whole corn cobs.



Place into boiling water for 2 minutes, with or without husks.



Slice off the top and remove the husks.



Use a sharp knife to remove the kernels from the cob.

Cook

Can be:



Boiled



Barbecued



Cut off the cob and add to salad



Soup



Corn fritters

(serves 4)

Ingredients

4 corn cobs cooked or
2 cans whole kernel corn,
drained
1 capsicum, finely chopped
(optional)
4 eggs
½ cup flour
1 teaspoon baking powder
Pinch of salt
Pepper
3 tablespoons oil

Method



1 Remove the corn kernels from the cob.



2 Place corn, capsicum, eggs, flour, and baking powder in a bowl.



3 Mix well and season with salt and pepper.



4 Heat oil in a large frying pan. Spoon 2 tablespoons of mixture into pan to form fritters. Cook in batches until browned on each side.

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