

# SWEETCORN



## PREPARATION

- Remove outer green husk by stripping from the top down.

## ADD FLAVOUR

- Thinly spread margarine over the cooked corn cob and sprinkle of black pepper.
- Add to a salsa or side salad with tomato, avocado, fresh herbs and lemon juice.

## STORAGE

- In the refrigerator with the husk on for up to one week.

## VEGE UP

- Cook corn cobs and scrape kernels off with a knife to add to stir-fries, soups, casseroles or pasta bakes.
- Add to fritter batter, frittatas or quiches.
- TIP: Blanch corn, scrape kernels from cob and freeze in plastic bags if you have an oversupply.

## COOKING

- Microwave whole corn (leave husk layers on) on high for 4 minutes per cob. Let corn stand for 2 minutes before removing the husk.
- Remove husk, rinse corn cobs and add to a pot of boiling water. Cover pot and boil for 5 minutes.
- Remove husk, rinse and steam over a pot of boiling water for 10 minutes.