

# Fruit & Vege Co-op



## Sweet corn

STORAGE	PREPARATION
In the refrigerator with the husk on for up to one week.	Remove outer green husk by stripping from the top down.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"> <li>- Thinly spread margarine over the cooked corn cob and a sprinkle of black pepper.</li> <li>- Add to a salsa or side salad with tomato, avocado, fresh herbs and lemon juice.</li> </ul>	<ul style="list-style-type: none"> <li>- Cook corn cobs and scrape kernels off with a knife to add to stir-fries, soups, casseroles or pasta bakes.</li> <li>- Add to fritter batter, frittatas or quiches.</li> <li>- <b>TIP:</b> Blanch corn, scrape kernels from cob and freeze in plastic bags if you have an oversupply.</li> </ul>

### 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.

### RECIPE: Cheesy Corn and Potato Bake (Serves 6) *Source: Family Circle Kids' CookBook*

30g butter  
 1 onion, peeled and chopped  
 6 medium-sized potatoes  
 2 cobs sweet corn  
 Sprinkle of salt and pepper  
 ⅔ cup milk  
 ¾ cup grated Cheddar cheese

1. Put the sweet corn still in its husks into the microwave and microwave for 4 minutes per corn cob. Leave to cool.
2. Put butter and onion in a bowl. Cook on High for 3 minutes.
3. Peel the potatoes and slice thinly. Put half the potatoes into a 22cm round casserole dish.
4. Peel the corn and cut the corn kernels off the cob. Spread the onion, butter and corn evenly over the potatoes. Sprinkle with salt and pepper.
5. Arrange rest of potatoes evenly over the top. Pour over the milk and sprinkle with the grated cheese.
6. Cover with tinfoil and bake for 25-30 minutes at 180°C until the potatoes are soft when pricked with a fork.
7. Remove the tinfoil and put under the grill until cheese begins to brown. Serve with a green salad.

### Variations

- Add Use spring onions or garlic instead of onions.
- Add drained tin tuna with the corn and onions.
- Place sliced boiled eggs across the top before adding the cheese.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

