

CORN CAKES WITH MINTY YOGHURT SAUCE

From our kitchen garden: eggs

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. You need to make at least 20 corn cakes.
3. Be very careful when cooking the corn and corn cakes on the stovetop.

EQUIPMENT

Large saucepan
Tongs
Medium bowl
Small bowl
Chopping board
Small knife
Stick blender
Sieve
Large mixing bowl
Fork
Measuring spoons
Measuring cups
Measuring jug
Large non-stick frying pan
Tablespoon
Egg slide
Cake cooler
Serving platters

INGREDIENTS

4 corn cobs
2 cups self-raising flour
4 eggs
½ cup coriander, shredded
2 teaspoons ground cumin
2 teaspoons baking powder
½ teaspoon salt
Vegetable oil for cooking

Sauce

1 cup continental yoghurt
2 tablespoons shredded mint

WHAT TO DO

- Remove the husk from the corn.
- Gently place the corn in a large saucepan of boiling water, bring back to boil and cook for 3 minutes.
- Remove corn with metal tongs and set aside to cool. **Keep the cooking water.**
- Remove corn kernels from the cob and use the stick blender until roughly chopped.
- Sift flour, cumin, baking powder and salt into a large mixing bowl.
- Make a well in the centre and add the eggs and corn.
- Mix gently until combined. **Slowly** add some of the corn water to form a batter.
- Set aside for 10 minutes to rest (wash up any utensils while waiting and clean workspace) and make the dressing.
- Wash and dry the mint in a clean tea towel. Tear the mint into very small pieces
- Make the yoghurt sauce by mixing yoghurt and mint in a small mixing bowl. Divide into 4 small bowls for serving.
- Heat a frying pan over medium heat and add a **very small** amount of oil.
- Carefully drop a tablespoon of batter at a time into the pan.
- Cook for about 1 minute until bubbles appear.
- Turn and cook for another minute until lightly golden in colour.
- Place on wire rack and repeat cooking process until all the batter is used.
- Divide onto serving platters and serve with the sauce. Don't forget serving tongs and a teaspoon for the sauce.