

# 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.