



# Kate's BARBECUED CORN ON THE COB

serves 4

always HAVE AN adult to HELP you WHEN USING THE BARBECUE

## INGREDIENTS

4 whole cobs of corn  
butter  
sea salt

## EQUIPMENT

large bowl  
kitchen string  
barbecue  
tongs

## METHOD

1. Pull back the leafy husks from the corn.
2. Remove the corn silks and carefully fold back the husks to protect the corn kernels from burning on the barbecue.
3. Tie the tips of the husks together at the end of the cob with kitchen string. This will prevent them from unfolding whilst they are cooking.
4. Soak the prepared corn cobs in cold water for half an hour or so prior to barbecuing. This keeps the corn moist and prevents the husks from burning.
5. Heat up the barbecue to moderately hot, not too hot.
6. Using the tongs place the corn on the barbecue and cook for about 25-30 minutes.
7. Turn the corn regularly to ensure even cooking.
8. If your barbecue has a lid put the lid down to cook them more efficiently.
9. When cooked carefully peel back the leaves. Slather the juicy kernels with butter and sprinkle with a little sea salt. Tuck in!

## USEFUL TIPS

Buy the freshest corn you can find - still in its husk. Look for corn with fresh-looking silk and kernels that are not shrivelled or discoloured and use as soon as possible. Corn loses its sweetness and nutritional benefits quickly. Forty per cent of its sweetness can be lost in 6 hours from picking. Keep it at its best in the refrigerator.

## FROM THE MARKET

Sweet corn – Patlin Gardens & Virgara's Garden  
Butter – B.-d. Farm Paris Creek