

# SPICED STEAMED CORN WITH HARISSA MAYONNAISE

## EQUIPMENT

CHEF'S KNIFE, PIPING BAG, BAKING TRAY, MORTAR AND PESTLE, SMALL MIXING BOWL, MICROPLANE

## INGREDIENTS

3-4 CORN ON THE COB, APPROX. 2GM SMOKED PAPRIKA, 2GM GROUND CUMIN, 10GM PEPITAS, 1 GARLIC CLOVE, 50GM MAYONNAISE, 20GM HARISSA PASTE, 1-2 LIMES, HERBS AND SEA SALT TO GARNISH

## METHOD

PEEL THE CORN AND REMOVE THE WHISKERS LEAVING SOME OF THE OUTER HUSK IN PLACE. PLACE THE CORN ON A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 15 MINUTES.

WHILE THE CORN COOKS PLACE SMOKED PAPRIKA, CUMIN AND SALT ONTO A BAKING TRAY. CRUSH THE PEPITAS IN A MORTAR AND PESTLE AND ADD TO THE SPICE MIX. MIX ALL SPICES TOGETHER AND SET ASIDE.

IN A SMALL MIXING BOWL ADD THE MAYONNAISE, FINELY GRATED GARLIC, A SQUEEZE OF LIME AND HARISSA PASTE. MIX ALL INGREDIENTS TOGETHER UNTIL WELL COMBINED AND TRANSFER TO A PIPING BAG.

ONCE THE CORN HAS STEAMED ROLL/RUB THE SPICE MIX INTO THE STEAMED CORN AND FINISH WITH A DRIZZLE OF MAYONNAISE AND GARNISH WITH LIME AND FRESH HERBS.

## HINTS & TIPS

- PAIR CORN WITH SAVOURY AND OR ACIDIC FLAVOURS TO COUNTERACT THE NATURAL SWEETNESS OF THE CORN.
- STEAMING YOUR VEGETABLES HELP RETAIN UPWARDS OF 90% OF THE NATURAL NUTRIENT VALUE, ESPECIALLY GOOD FOR GREEN VEGETABLES MEANING, IF YOU DON'T LIKE GREEN VEGETABLES AS LONG AS YOU STEAM THEM YOU CAN EAT LESS BUT GAIN MORE NUTRIENT VALUE FROM THEM.