

# THE FRESH LITTLE ALLSTMENT

SEASONALLY FRESH, PERFECTLY PICKED



WHAT'S GROWN THIS MONTH?

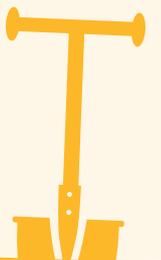
# SEPTEMBER

Great source  
of vitamin  
C and A.

# SWEETCORN



## RECIPE BOOKLET



# SEPTEMBER

# SWEETCORN

Sweetcorn was first domesticated by native people in Mexico about 10,000 years ago. Native Americans taught European colonists to grow the indigenous grains, and, since its introduction into Europe by Christopher Columbus and other explorers, corn has spread to all areas of the world suitable to its cultivation.

Sweetcorn might also be one of the most confusing foods out there, because of the many myths surrounding it.

Some believe it is high in sugar because of its name when in fact, it only has approximately 3g of sugar in 100g of corn.

Is it a vegetable, is it a grain? Actually, it's both! When it's fresh and you can eat it off the cob, sweetcorn is considered a vegetable. When the kernels are dry, as in popcorn it's a grain.

Sweetcorn is super versatile and it's been a staple food for centuries and is a great addition in soups, salads or as a pizza topping. We can take it straight off the cob to make popcorn, chips, tortillas, cornmeal, polenta, oil or syrup. The corn syrup is used as a sweetener and it is also known as glucose syrup. Sweetcorn also offers many nutritional benefits, is its high fibre as well as being a great source of Vitamin B and C.

Take a look through this recipe pack, full of some of the best sweetcorn recipes we can find for you and your teams to try.

## HUNGRY FOR MORE?

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## INDIAN CORN KOSUMALLI SALAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Gluten

## INGREDIENTS



- 1kg sweetcorn
  - 30ml vegetable oil
  - 2 lemons, zest and juice
  - 60g desiccated coconut, toasted
  - 30ml olive oil
  - Lo salt, pinch
  - 350g naan bread, cut into strips and lightly toasted
- For the vinaigrette:
- 2 garlic, clove, crushed
  - 2 tomato, finely chopped
  - 3 green chillies, slivered into long pieces
  - Coriander, large handful, chopped

## METHOD



1. In a medium saucepan, heat the oil and add the green chillies and the crushed garlic. Once the green chillies give out a nice aroma, remove from heat and set aside to cool.
2. In a bowl mix the sweetcorn and the chopped tomatoes, lemon zest and juice, chopped coriander and toasted coconut and season. Add in the chilled garlic and chilli.
3. To serve place in a salad bowl and garnish with coriander leaves, desiccated coconut and the toasted naan strips.



## CORN & TOMATO SALAD

**SERVES**  Ten

**ALLERGENS**  None

### INGREDIENTS



- 500g cherry tomatoes, halved
- 650g sweetcorn, drained and rinsed
- 4 spring onions, finely chopped
- 1 red chilli, deseeded and thinly sliced
- Coriander, small handful, finely chopped
- 1 lime, juiced
- 2tbsp. olive oil
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Put all the ingredients in a bowl, season and toss together.



## SWEETCORN & TOMATO MUFFINS

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Egg, Gluten

### INGREDIENTS



- 250g sweetcorn
- 250g plain flour
- 50g semolina
- 2tsp. baking powder
- 50g cheddar, grated
- 1tsp. cumin seeds, toasted
- 3 eggs, free range
- 100g cherry tomatoes, halved
- Tarragon, few leaves, roughly chopped
- Coriander, small handful, chopped
- 250ml milk, semi skimmed
- 100ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Preheat the oven to 160°C and grease a 12-hole muffin tin.
2. Put the cumin seeds in a dry frying pan and cook over a low heat for 2 minutes, until lightly toasted.
3. In a large bowl, combine the flour, semolina, baking powder, cumin seeds and cheese. Season well and set aside.
4. In a separate bowl, beat the eggs with the herbs, sweetcorn, oil and milk. Add the egg mixture to the dry ingredients and stir until just combined and drop in the cherry tomatoes.
5. Divide the muffin mixture between the muffin-tin holes and bake for approx. 18 minutes, until risen and golden. Leave to cool a little and serve warm.



## SWEETCORN, HERB & GRAINS SALAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Gluten

### INGREDIENTS



- 200g brown rice
  - 300g quinoa
  - 200g bulgur wheat
  - 500g sweetcorn
  - Flat-leaf parsley, small handful, roughly chopped
  - Basil, small handful, roughly chopped
  - Mint, small handful, roughly chopped
  - Coriander, small handful, roughly chopped
- For the dressing:
- 90ml olive oil
  - 3 garlic cloves, crushed
  - 2tsp. dried red chilli flakes
  - 2 limes, zested and juiced
  - Lo salt, pinch
  - Ground black pepper, pinch

### METHOD



1. In two separate pans of boiling water, cook the rice and quinoa following the packet instructions. Drain.
2. Meanwhile, put the bulgar wheat in a large bowl and cover with just-boiled water from the kettle. Cover with cling film and set aside for 15-20 mins, until all the water has been absorbed. Add the cooked rice and quinoa. Season well and leave to cool.
3. In a separate bowl combine the oil, garlic, chilli flakes and lime juice and zest; season to taste.
4. Add the chopped herbs and corn kernels to the grains, mixing well. Pour over the dressing; gently toss.
5. Garnish with the mint and coriander.



## CORN & POTATO CHOWDER

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk,  
Gluten, Celery

## INGREDIENTS



- 60ml vegetable oil
- 300g onion, finely chopped
- 100g celery, finely chopped
- 3 garlic cloves, crushed
- 2tsp. smoked paprika
- 500g Maris Piper potato, peeled and diced
- 2 red chilli, deseeded and finely chopped
- 30g plain flour
- 500ml milk, semi skimmed
- 500ml vegetable stock
- 400g sweetcorn, drained
- Flat-leaf parsley, small handful, chopped
- Chives, few strands, finely snipped
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat the oil in a large, heavy-based saucepan over a medium heat. Add the onion, celery, garlic and paprika, and cook gently for 6-7 mins until the onion is translucent. Stir in the potato, chilli and flour, and cook for a further 2-3 mins until the flour has dissolved.
2. Pour over the milk and stock and continue to cook over a medium heat for approx. 15 minutes, until the potato is tender. Add the corn and stir to heat through. Blitz half the soup using a handheld blender, then return the blended soup to the pan.
3. Add extra milk to thin the soup to your desired consistency. Reheat gently, seasoning to taste, then sprinkle with the parsley and chives, to serve.



## SOUTH AMERICAN HAM & SWEETCORN STEW

**SERVES**



Ten

**ALLERGENS**



Celery

## INGREDIENTS



- 750g gammon ham, joint
- 3tbsp. vegetable oil
- 400g onions, diced
- 3 celery sticks, diced
- 2 red pepper, diced
- 1 green pepper, diced
- 300g butternut squash or pumpkin, peeled and diced
- 2 courgettes, trimmed and diced
- 3 garlic cloves, crushed
- Tarragon, few sprigs, leaves picked
- 400g sweetcorn
- 600g butter beans, drained and rinsed
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Cover the ham hock with water and bring to the boil. Discard the first batch of water if the ham is particularly salty, cover the hock again and return to the boil. Turn down the heat and simmer for approx. 2 hours, until the meat is falling apart. Strain, reserving the cooking liquid, and discard the fat and any gristle from the ham. Pull the meat apart into thick shreds and set aside.
2. Heat the oil in a large casserole. Add the onion, celery, peppers, squash and courgette and cook for approx. 5 minutes until the vegetables are starting to soften around the edges. Add the garlic, tarragon, sweetcorn and beans and cook for a few more minutes. Add the shredded ham and enough cooking liquid to almost cover. Leave to simmer for 10 minutes until the vegetables are just tender and the liquid has reduced down a little.
3. Season to serve.



## SWEETCORN PANCAKES WITH TOMATO SALSA

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Egg,  
Gluten

### INGREDIENTS



- 500g plain flour
  - 5tsp. baking powder
  - 5 eggs, free-range
  - 750ml whole milk
  - Lo salt, pinch
  - Ground black pepper, pinch
  - 400g sweetcorn
  - 50ml vegetable oil
- For the tomato salsa:
- 500g tomatoes, seeds removed, finely diced
  - Coriander, small handful, chopped
  - 200g red onion, finely diced
  - 50g green chillies, seeds, removed, finely diced
  - 20g garlic, cloves, grated
  - 1 lime, zest and juice
  - 20ml olive oil
  - Lo salt, pinch
  - Ground black pepper, pinch

### METHOD



1. Sieve the flour and baking powder into a mixing bowl, then whisk in the egg and half of the milk to form a thick batter with a consistency slightly thicker than double cream. Add more milk as necessary to loosen the mixture. Season to taste with salt and freshly ground black pepper, then stir in the sweetcorn.
2. Heat the oil in a frying pan over a medium to high heat. Spoon half of the batter into the pan and fry for 1-2 minutes on each side, or until the pancake is golden-brown on both sides. Set the pancake aside on a warm plate and cover loosely with aluminium foil. Repeat with the remaining batter.
3. To make the tomato salsa combine the ingredients in a small bowl and set aside.
4. To serve, arrange the sweetcorn pancakes and top with a good spoonful of the tomato salsa.



## SAVOURY CORNBREAD CUPCAKES

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Egg,  
Gluten

## INGREDIENTS



- 375g plain flour
- 225g cornmeal
- 1 tsp. lo salt
- 4tsp. baking powder
- 110g caster sugar
- 480ml semi skimmed milk
- 2 eggs, free-range
- 110g stork, melted, plus extra for greasing
- 150g sweetcorn

## METHOD



1. Preheat the oven to 200°C.
2. In a large bowl, combine all the ingredients together except for the sweetcorn. Mix until you have the consistency of a sponge cake batter, then add the sweetcorn.
3. Stir to combine thoroughly, then pour into a muffin tray lined with paper cases and bake for approx. 20 minutes.
4. The cornbread is ready when it has a golden colour and is springy to the touch. Allow to cool slightly before cutting.



## SALTED CARAMEL POPCORN POTS

**SERVES**  Ten

**ALLERGENS**  Milk

### INGREDIENTS



- 1ltr double cream
- 500ml milk, whole
- 400g popcorn, ready-made
- 50g popcorn, to serve
- 4 gelatine leaves
- 150g caramel, tinned
- 50g caramel, tinned, to serve
- Flaky sea salt, pinch

### METHOD



1. Pour the cream and milk into a large pan, add the popcorn and bring to a gentle simmer, pushing the popcorn under the liquid and squashing gently on the bottom of the pan. Bubble for 1 min, then remove from the heat, transfer to a jug and chill for at least 6 hrs, or ideally overnight.
2. Strain the popcorn cream back into a clean pan and gently reheat, discarding the remaining bits of popcorn. Meanwhile, place the gelatine leaves in cold water to soften for 3-5 mins. When the popcorn cream is steaming and the gelatine is soft, remove it from the water and squeeze out any excess drops. Place in the hot popcorn cream and stir until dissolved. Set aside to cool a little.
3. Mix the caramel with the sea salt – start with ¼tsp, taste, then add more if you think it needs it. Divide the salted caramel between 10 pots. Pour the popcorn cream on top and chill for at least 2 hrs.
4. To serve top each pot with a few pieces of popcorn and a good drizzle of toffee and dive in!



## SOUTH AFRICAN MIELE BREAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Egg,  
Gluten

## INGREDIENTS



- 410g sweet corn, blitzed
- 2 eggs, free range, beaten
- 5g salt
- 60g stork (30g for the bread  
30g for brushing on)
- 60ml warm milk
- 350g self-raising flour
- 2g paprika, smoked

## METHOD



1. Place sweet corn, eggs, salt, milk and 30g Stork Bake into a bowl and stir.
2. Mix in flour and paprika to form a dough.
3. Brush a bread tin with melted Stork Bake, dust with flour and pour in the dough.
4. Bake at 170°C for about 45 minutes, until well risen and lightly browned.
5. Remove from the oven and brush the top with the rest of the melted stork to keep the top soft.  
Set aside for ten minutes to rest.
6. Then removed from the pan, slice and enjoy.



## HAM, SWEETCORN & CHEESE BREAD PUDDING

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Mustard,  
Milk, Egg, Gluten

### INGREDIENTS



- 90ml vegetable oil, plus extra to grease
- 350g white bread, sliced
- 400g sweetcorn, drained
- 200g ham, shredded
- 8 eggs, free range
- 800ml milk, semi skimmed
- 2tsp. grain mustard
- Chilli flakes, small pinch
- Flat-leaf parsley, small handful, chopped
- 250g mature cheddar, grated coarsely
- Lo salt, pinch
- Ground black pepper, pinch

### METHOD



1. Use a little oil to grease an ovenproof dish. Then tear the bread into pieces, the rougher the better, and scatter them over the base of the dish.
2. Heat the oil in a frying pan and fry the sweetcorn over a high heat until golden brown. Scrape onto the bread, distributing evenly. In the same pan repeat this with the ham.
3. Beat the eggs with the milk, adding the mustard, chilli flakes, parsley, cheese and seasoning. Pour this mixture into the dish, making sure the cheese is evenly spread. Allow the mixture to sit for about 1 hour to absorb the egg custard.
4. Heat the oven to 170°C, then drizzle a little olive oil over the top and bake for approx. 35 minutes until golden brown and crisp.
5. Leave for 5 minutes before serving.



## RASPBERRY & LEMON CORNMEAL CAKE

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Egg, Gluten

### INGREDIENTS



- 225g stork
- 225g caster sugar, plus 1 tbsp.
- 4 eggs, free range beaten
- 175g cornmeal
- 50g plain flour
- 1½tsp. baking powder
- ½ tsp vanilla extract
- 1½ lemons, zest
- 200g frozen raspberry, left frozen
- 25g icing sugar, or more to taste
- 100g soft cheese
- 1tbsp. icing sugar, or more to taste
- ½ lemon, zest, plus a squeeze of juice
- 142ml double cream
- 100g frozen raspberry, defrosted

### METHOD



1. Heat oven to 170°C and grease two 20cm sandwich tins. Line the bottom of the tins with baking paper. In a large bowl, beat the stork and caster sugar together until creamy and light. Gradually add the egg, little by little, until all the egg is worked in and the mix is pale and fluffy. If the mix looks like it's starting to split, add 1tsp of the flour, then carry on.
2. Put the cornmeal in another bowl, then stir in the flour and baking powder. Beat the vanilla extract and zest into the egg mix, then fold in the dry ingredients. Spoon half the batter into each tin and level the top. Scatter all but a handful of the raspberries over the mix and poke in gently. Sprinkle one of the sponges with the 1tbsp sugar. Bake for approx. 20 mins, until risen and golden, but still with a little wobble under the crust.
3. Open the oven, whip out the sugar-crusted sponge and quickly poke the remaining frozen raspberries into the top. Bake both sponges for 10 more minutes, until springy in the middle. Cool in the tin for 10 mins, then cool completely on a rack. Be careful when turning out the raspberry-topped sponge and slide it off its base rather than turning it upside down.
4. When the sponges are cold, beat the soft cheese with the icing sugar, lemon zest and a little of the juice to loosen if it needs it. Very lightly whip the cream so that it just holds its shape, then fold into the cheese. Fold in the defrosted raspberries. Use to sandwich the sponges together, sugar-crusted on top, and serve dusted with more icing sugar.



## WARM 'MEXICORN' SALAD

**SERVES**



Ten

**ALLERGENS**



Milk, Egg

## INGREDIENTS



- 1kg sweetcorn
- 50ml vegetable oil
- 400g onion, finely chopped
- 2 green chilli, finely chopped
- 4 garlic, cloves, chopped
- 1tsp ground allspice
- Lo salt, pinch
- Ground black pepper, pinch
- 2 limes, zest and juice
- Coriander, small handful, chopped
- Mint leaves, small handful, chopped
- 100g sour cream
- 30g parmesan cheese
- Chilli powder, pinch

## METHOD



1. Heat the oil in a pan over a medium heat and, when it's gently sizzling, add the onion, corn and chilli. Cook for at least 5 minutes, until the onion has turned translucent without colouring, before adding the garlic, allspice, salt and pepper. Turn up the heat and cook for another 5-10 minutes until the corn starts gently taking on some colour and caramelizing.
2. Pour over the lime juice, scatter with the fresh herbs and serve in a suitable dish with spoonfuls of sour cream, a little grated cheese and a pinch of chilli powder.



## SWEETCORN & DARK CHOCOLATE COOKIES

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk,  
Gluten

## INGREDIENTS



- 150g sweetcorn kernels
- 120g stork, melted
- 150g granulated sugar
- 1 tsp. vanilla extract
- 275g plain flour
- 1/2 tsp. baking powder
- 1/8 tsp. salt
- 100g dark chocolate, chips

## METHOD



1. Preheat the oven to 150°C. Line two baking sheets with baking parchment.
2. Boil the sweetcorn for a few minutes until cooked. Rinse under cold water, drain and purée with a hand blender.
3. In a bowl, whisk the melted stork and sugar, fold in the sweetcorn and vanilla. Then add the flour, baking powder, salt and combine.
4. Fold in the dark chocolate chips.
5. Roll tablespoons of the mixture into balls and place on the lined baking sheets and flatten slightly.
6. Bake for approx. 12 minutes, remove from the oven and allow to rest on the tray for 5 minutes, then transfer to a wire rack to cool completely.



## CREAMY SWEETCORN SOUP

**SERVES**  Ten

**ALLERGENS**  Milk

### INGREDIENTS



- 75ml vegetable oil
- 2 garlic clove, finely chopped
- 400g onion, finely sliced
- 350g potato, cut into small cubes
- 400g sweetcorn
- 1ltr. vegetable stock
- 100ml double cream
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, few stalks, finely chopped

### METHOD



1. Heat the oil in a frying pan over a medium heat. Add the garlic, onion and potato and sauté for five minutes, until softened.
2. Add the sweetcorn and continue to cook for two more minutes.
3. Add the stock, bring to the boil and then reduce the heat to simmer for ten minutes, until the potato has cooked through.
4. Stir in the cream and season, to taste, with salt and freshly ground black pepper, then pour into a food processor and blend until smooth.
5. To serve, pour into a warm bowl and garnish a sprinkle of chives.



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