

Corn and Lettuce Sweet Salad

Season: Summer

Type: Salad

Difficulty: Easy

Serves: 20 tastes or 10 small portions **(Make double this for class)**

Fresh from the garden: Corn

Recipe source: Interpreted from tasteofhome.com

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Large jar with lid • Sharp knife • Chopping board • Salad spinner • Bowl • Large mixing bowl • Serving bowl 	<ul style="list-style-type: none"> • 1 litre shredded Cos lettuce (about 1 small Cos lettuce or half large) • 1-2 barbecued cobs of corn • 3 tablespoons apple cider vinegar • 4 tablespoons vegetable oil • 1 tablespoon honey • 2 tablespoons sunflower seeds • 1/2 teaspoon salt • 1/2 teaspoon ground black pepper

What to do:

Directions

- Take the cobs of corn out to the barbecue and cook on high heat for about 5 minutes until they soften a little and char slightly on the outside – this makes them sweeter
- Get a large jar and make sure it is clean
- Put the apple cider vinegar, vegetable oil, honey, salt and pepper in the jar and put the lid on tightly (get your helper to check!)
- Shake the jar to mix carefully – take turns if you like!
- Slice the cos lettuce about 1cm thick, then wash thoroughly in the sink filled with cold water. Dry the lettuce using the salad spinner.
- Get the barbecued corn cobs and using a sharp knife carefully cut the kernels from the cob into a bowl.
- Place the lettuce and the corn in a large mixing bowl.
- When ready to serve up, pour the dressing over the corn and lettuce and toss to coat them. Put the contents in the serving bowl if you are using a separate one.
- Sprinkle the sunflower seeds over the top, and you are ready to serve!

Notes: We need two quantities of this per class – double if doing this with one group. If you find this too sweet you can leave the honey out of the dressing. A great suggestion was using peas instead of sweetcorn or in addition.