

# 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](http://tasteofhome.com)

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

## 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.