

# Eat a Rainbow Recipes

## YELLOW

### Barbecued Corn on the Cob

Serves 4

#### Ingredients:

4 whole cobs of corn

#### Equipment:

Large bowl  
Kitchen string  
Barbecue  
Tongs

#### Tips:

Buy the freshest corn you can find – still in the husk. Look for corn with fresh-looking silk and kernels that are not shrivelled or discoloured and use as soon as possible. Keep corn at its best in the refrigerator.

#### Method:

1. Pull back the leafy husks from the corn.
2. Remove the corn silks and carefully fold back the husks. This protects 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 stop them unfolding when they are cooking.
4. Soak the prepared corn cobs in cold water for half an hour before 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 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, eat when cool enough.