



Miele

Mexican corn cakes with shredded chicken and salsa

By Miele

30 minutes

Preparation Time

1 hour

Cooking Time

32 corn cakes

Serves

INGREDIENTS

Sous-vide chicken breast

2 skinless chicken breasts (approximately 200 g each)
½ long red chilli, deseeded and finely chopped
1 tbsp finely chopped coriander stems and roots
Salt flakes and pepper, to taste

Corn cakes

3 corn cobs, husks and silks removed
2 spring onions, thinly sliced
1 jalapeño chilli, finely chopped, or to taste
75 g (1/3 cup) self-raising flour
½ tsp bi-carb soda
2 eggs, lightly beaten
Salt flakes and pepper, to taste
Neutral oil, for frying

Fresh tomato salsa

½ small red onion, finely chopped
2 tomatoes, finely chopped
½ long red chilli, deseeded and finely chopped
½ bunch coriander, leaves and stalks finely chopped (approximately ½ cup)
2 tbsp finely chopped oregano leaves
2 tbsp lime juice
2 tbsp olive oil
Salt flakes and pepper, to taste

Guacamole

1 ripe avocado
1 tbsp lime juice
Salt flakes and pepper, to taste

METHOD

Sous-vide chicken breast

1. Place all ingredients into a vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on level 3 and Seal on level 3. Place the sealed bag onto a rack in the steam oven and Sous-vide at 72°C for 1 hour.
2. Remove the chicken from the bag, discard the excess liquid and flavourings. Shred the chicken with a fork.

Corn cakes

1. Place the corn onto a perforated steam tray. Place into the steam oven and Steam at 100°C for 6 minutes. Cool slightly before cutting the kernels off the cob.
2. Combine the kernels, spring onions, chilli, flour and bi-carb soda in a bowl, stir in eggs and season to taste.
3. Preheat the tepan yaki plate or large frying pan for 5 minutes on medium heat, induction setting 6. Add some oil and cook tablespoons of the mixture for 5 minutes, or until golden on each side. Repeat with remaining mixture. Use a 5 cm round cutter to get a circle shape, if desired.

Fresh tomato salsa

1. Combine all ingredients and season to taste.

Guacamole

1. Mash the avocado with the lime juice and season to taste.

To serve

1. Place a small dollop of guacamole on the base of the corn cake, top with shredded chicken and salsa.

Hints and tips

- The corn cake size can be varied and served as a canapé or a more substantial portion.
- Leftover corn and chicken can be used to make this dish.
- If corn isn't in season, you can use most other vegetables, such as zucchini, peas or cooked sweet potato.