

# Mexican Sweetcorn

*Yum. Yum, yum yum. Our fresh sweetcorn is always worth the wait; and it's a yearly worry that the local roe deer will get to enjoy it before we do. However this year it's not too far away, just the other side of the lake, and (touch wood), the deer haven't spotted it yet... We love munching it freshly picked, before the sugars turn starchy; or simply boiled whole for a few minutes, leaves and all, then stripped and enjoyed with a knob of butter. You could also slice the kernels off the cob and use in soups, pasta, pizzas, stir fries and chowders, to add a chunky sweet and creamy texture. Try out this tasty and super easy way of cooking the whole cob; in Mexico it's served just with mayonnaise on top, but as below you can swap half of the mayo for some yoghurt for a healthier version.*

## Serves 4

- 4 cobs sweetcorn
- 2 tbsp mayonnaise
- 2 tbsp plain yogurt
- ½ tsp chilli powder
- 4 tbsp Cotija or Parmesan cheese
- 1 lime, quartered



SXC

Preheat the grill to medium-high.

Mix the mayonnaise, yogurt and chilli powder together. Strip the leaves and any silky tassles from the cobs, and grill for a few minutes on each side, until heated through and turning golden. Spread each cob with a tablespoon of the sauce, and sprinkle the thinly shaved cheese on top. Serve each with a lime wedge to sprinkle over the top. Serve on its own as a snack; with burgers, salads, chipped potatoes or pizzas; or tortilla-wrapped fajitas and burritos. Don't forget: we now stock tortillas, yoghurt, mayonnaise, chilli powder and much more in the Farm Shop, so add some extras to your next box and give this simple recipe a go!



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# Farm Shop Grand Sale!

Purton  
Farm Shop



We all had a fantastic time at the *Farm Festival* last weekend; it was very busy for us in the shop giving out all the free tasters, but we did manage to pop outside occasionally for a burger and bop to the fantastic music from local bands! Thanks to all who came along; we had a good turnout considering the weather. So we have some things on special offer this week and next in our **GRAND SALE**, as we clear our summer festival produce away and make way for the new autumn ranges. These special offers are first come, first served, so pop in **ASAP** to secure a bargain! Only available in the Farm Shop.

**La Parisienne Bread (frozen): 25% off!**

Bag of 10 baps £4 now **£3** (bags can be split on request)

Bag of 6 mini baguettes ~~£2.70~~ now **£2**

Tin loaves and ciabattas ~~£2~~ now **£1.50** each

Granary loaves and olive & pesto focaccia ~~£1.70~~ now **£1.25** each

**Berkeley Farm Organic Milk: 20% off!**

2 litres ~~£1.92~~ now **£1.60**

1 litre ~~£1.04~~ now **85p**

500ml ~~55p~~ now **44p**

Cream 250ml ~~£1.30~~ now **£1**

**Ray's Ice Cream: 10% off!**

500ml tub ~~£5~~ now **£4.50**

200ml tub ~~£2.25~~ now **£2**

Plus 10% off fresh olives, sausages and more! Rowie is also selling a limited number of small mixed organic meat boxes worth £40 for **just £25** this week only (ends Sunday 22nd September), so get in quick!

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