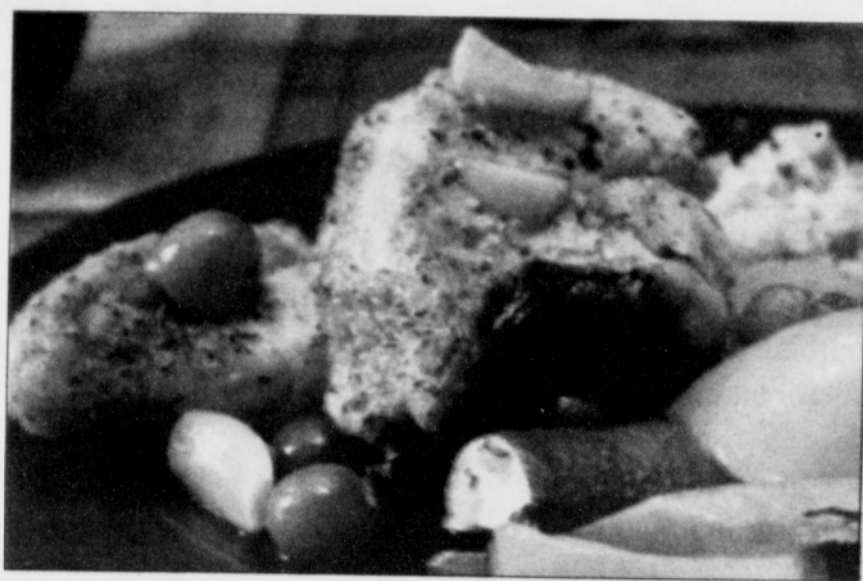


FOOD

recipes from
allrecipes.com



Garlic Chicken and Grapes

Grapes and sesame seeds are baked with the chicken in this unusual recipe. Served with a mustard sauce.

Ingredients:

- 3 tablespoons Dijon-style prepared mustard
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 2 tablespoons white wine vinegar
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 3 pounds skinless, boneless chicken breast halves
- 1 tablespoon sesame seeds
- 2 cups seedless green grapes

Directions:

1. Combine mustard, soy sauce, honey and vinegar. Set sauce aside.
2. In a 9 x 13 inch pan, combine garlic and oil. Place chicken in pan skin side down.
3. If using thighs, bake covered at 400 degrees F (205 degrees C) for 25 minutes. If using breasts, bake covered at 400 degrees F (205 degrees C) for 10 minutes. Uncover, and turn chicken pieces over.
4. Sprinkle with sesame seeds.
5. Bake until no longer pink in center, about 15 to 20 minutes.
6. Sprinkle grapes over chicken, and bake 5 minutes longer.
7. Remove from oven, and arrange chicken and grapes on platter. Pass sauce when serving.

The Ultimate Crispy Corn Cakes

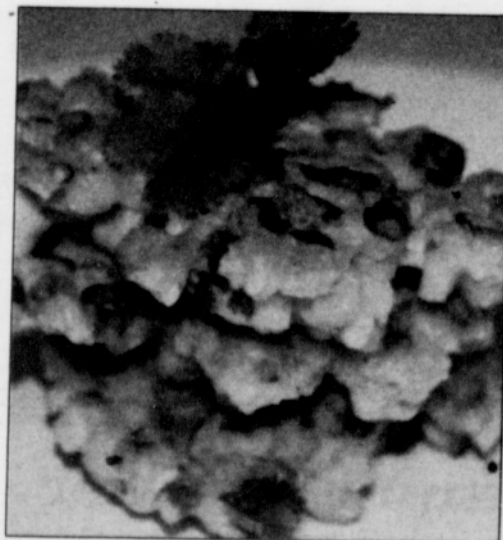
You've most likely had a version of these at some time or another for brunch in a cafe somewhere. This version is less cakey and more about the corn. The result is a crispy and delicious morsel that will have you reaching for seconds, for sure.

Ingredients:

- 1 egg
- 60g plain flour (just over 1/2 cup)
- 1/2 tsp baking powder
- 1 handful chopped coriander
- Salt & pepper
- Cooking oil

Preparation:

1. Let the corn cool a little and using a knife shred the corn from the cobs.
2. Put the the corn in a medium sized bowl and add the spring onions, egg, flour, baking powder and coriander. Season with salt & pepper and stir to combine.
3. Heat a good glug of grapeseed oil in a non stick frypan and spoon blobs of mixture into the hot oil. Smooth them down if you need too but all the ingredients should stick together well.
4. Cook until golden - they will only take a few minutes on each side.



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