

CORN 'RIBS' & BURNT END BEANS

Impress your mates with these corn 'ribs'.

Served along side smokey BBQ beans with roasted spicy jackfruit. Our vegan take on the southern classic 'Burnt End Beans'.

Recipe serves 4 people.

STEP 1.

Preheat oven to 180c

Boil the corn cobs in the husk on a medium high heat for about 10-15 mins until slightly soft.

Peel back the husk of the cobs leaving it attached to the root of the corn. Using a sharp knife, cut lengthways into 4 quarters.

Pat dry and set aside.

STEP 2.

Add drained jackfruit into a mixing bowl, breaking up chunks slightly with your hands.

Season with;

½ tbsp sea salt flakes
½ tbsp ground coriander
½ tbsp ground fennel
½ tbsp black pepper
½ tbsp brown sugar
½ tbsp liquid smoke

Add enough oil to coat & bake for about 45 mins or until dark and gnarly.

INGREDIENTS:

3 corn cobs with husk
Oatly crème fraiche
Plant based mayo
1 lime
Fresh coriander
Paprika
Chili powder
Rapeseed oil
1 can mixed beans
1 can chopped tomatoes
1 onion
1 red chilis
Molasses
Brown sugar
Apple cider vinegar
Liquid smoke (optional)
Black pepper
Ground fennel
Ground coriander

STEP 3.

Dice onion & sweat on a low heat with a pinch of salt.

Finely dice 2 red chilis and add to the pan, gently frying until onion is translucent.

Add;

1 tbsp brown sugar

2 tbsp molasses

1 tbsp black pepper

2 tbsp smoked paprika

Cook out spices & sugar until it becomes sticky and starts to catch the bottom of the pan.

Deglaze your pan with 100ml apple cider vinegar, add 2 tbsp liquid smoke & chopped tomatoes.

Check seasoning & add salt if needed. Reduce to a bbq sauce consistency.

Add mixed beans & jackfruit then cook out for a further 5 mins.

STEP 4.

Preheat your oil to 180c. Fry your corn husks until golden.

Mix 3 tbsp oat fraiche with 2 tbsp mayo then spread the mix onto each of the ribs. Season all over with;

1 tbsp sea salt flakes

½ tbsp Paprika

½ tbsp chili powder

1 tsp cayenne pepper

TO SERVE...

Stack your ribs up on a wooden board, add a few dollops of the mayo mixture, lime wedges & some fresh coriander.

Serve alongside the smokey bbq beans. Enjoy!