

# 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.