

Mushrooms and Corn with Cilantro Recipe

Ingredients: Serves 4-5

2 ears (cobs) of corn
2 teaspoons unsalted butter
3 tablespoons vegetable oil
½-inch cinnamon stick
2 green cardamom pods
2 whole cloves
2 yellow (brown) onions, chopped
½ teaspoon salt, plus extra salt to taste
1 teaspoon finely grated fresh ginger
1 teaspoon crushed garlic
1 teaspoon chili powder
1 tablespoon coriander seeds, crushed
1 teaspoon ground turmeric
1 large tomato, unpeeled, finely chopped
500g small button mushrooms, wiped clean
juice of ½ lemon
¼ cup (10g) chopped fresh cilantro (fresh coriander) leaves

Method:

Use a sharp knife to remove kernels from ears of corn. In a large saucepan, melt butter over medium-high heat. Add corn and cook, stirring, until softened, 2-3 minutes. Remove to a small bowl and set aside. In same pan, heat oil over medium-low heat. Add cinnamon, cardamom and cloves and cook, stirring, until fragrant, about 30 seconds. Add onions and ½ teaspoon salt and cook, uncovered, stirring often, until onions are dark golden brown, 10-15 minutes. Add ginger and garlic and cook, stirring, for 30 seconds. Add chili powder, coriander and turmeric and cook, stirring, until fragrant, about 30 seconds. Add tomato and cook, stirring often, until tomato is soft, about 5 minutes. Add mushrooms and corn and cook, tossing occasionally, until mushrooms are slightly soft, 5-10 minutes. Add lemon juice and add salt to taste if necessary. Add cilantro and toss gently. Serve hot.