



## Corn Cuisine



**Author:** Prabhjot Mundhir  
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Corn - the very mention of the word conjures up visions of hot, tasty, freshly roasted, golden corn cobs relished with gusto during the summer and rainy season. But there is much more than just that. A versatile grain, it can be boiled, ground, grilled, roasted and cooked in numerous ways. An array of exotic dishes can be experimented and enjoyed.

Make Mexican Tacos, Italian Polenta, Chinese Chicken-Corn Soup, American Corn Bread, Methauries, and other fancy veg and non-veg dishes. These mouth-watering delicious treats can easily be prepared at home. Sure to tickle your taste buds and satisfy your palate!

Surprise your guests. Let them wonder at your expertise in making every corn recipe they can think of. Known for its high fibre and carbohydrate content, it is a boon for the health-conscious too.

60 corn recipes for all occasions, a bonanza for all corn lovers!

### ABOUT THE AUTHOR

Prabhjot Mundhir - a freelance journalist is known for her expertise in culinary arts and delicious innovative recipes. She has won various food competitions and is well known for her cookery classes. Her other widely acclaimed books are "Nutritious Mushroom Recipes, Paneer Bonanza and Microwave Cooking made easy."

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### Soups

1. Tomato and Corn Chowder
2. Corn Dumplings Soup
3. Chinese Chicken Corn Soup
4. Chicken, Shrimps, Sweet Corn Soup
5. Corn and Mushroom Chowder

### Salads

1. Corn and Mushroom Salad
2. Innovative Chicken-Corn Salad
3. Tuna Fish and Corn Salad in Baked Spinach Ring
4. Corn, Carrot, Cauliflower, and Coconut Salad
5. Pungent Corn Salad
6. Beetroot and Corn Salad

### Snacks



1. Makai Ghoogni
2. Yummy Corn Balls
3. Cornmeal Swirls
4. Corn Pancakes
5. Tacos
6. Basic Tortillas and Enchiladas
7. Cream Crackers topped with Chicken-Corn mixture

#### Snacks

1. Corn Stuffed Chilli Wada
2. Cornflake Chewda
3. Corn Fritters/Pakoda
4. Steamed and Tossed Cornmeal Balls
5. Popcorns
6. Steamed Corn on the Cob
7. Stir-fried Baby Corn Fingers
8. Steamed Corn Cups

#### Main Cours

##### Side Dishes

1. Bhutta Salan
2. Corn Koftas in Rajasthani Gravy
3. Corn Upma
4. Corn and Spinach Delight
5. Okra, Baby Corn, Shallots and Cherry Tomatoes Surprise
6. Corn on Eggplant Roundels

#### Main Course

##### Roties and Pulao

1. Moughlai Roti with Corn Stuffing
2. Corn and Baby Corn Pulao
3. Corn Methauries with Orange Rayita
4. Basket of Makki-ki-Roties
5. Corn Bread (American Style)

#### Main Course

##### Baked Dishes

1. Polenta
2. Corn and Vegetable Souffle
3. Baby Corn Pizza
4. Corn Pudding
5. Meatless Corn Pie
6. Baked Beans and Corn Bake
7. Corn Patties Baked
8. Chilli Corn A La Creme

#### Main Course

##### Non-vegetarian

1. Bhutta-N-Keema
2. Baby Corn and Chicken in Chilli-Garlic Sauce
3. Fish Monte Carlo
4. Prawns and Baby Corn
5. Mutton Mince and Corn Rava (Dalia)
6. Fish and Corn Cutlets With Corn Sauce
7. Two-crust Chicken, Corn and Vegetable Pie

#### Sweet Treats

1. Cornflake Bars
2. Corn Hulwa
3. Cornmeal Muffins
4. Cornflake Cookies
5. Corn and Coconut Cake with Custard Sauce

#### Dressings for Salads

1. Mayonnaise
2. Mustard Sauce
3. Cheese Cream Dressing
4. Simple French Dressing



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