



Chicken corn cakes

'Solid' sweetcorn and chicken patties win new favour

CHICKEN and corn are natural partners. We are already familiar with that famous thick broth in restaurants that combines minced chicken and creamed corn, so it's nothing new, really. What's new is that these patties are "solid" – in every sense of the word.

I don't know how or when "solid" became a compliment in local *patois*, but that's what one young taster said when he ate his first chicken and corn patty. That single-word compliment was accompanied by an unmistakable thumbs-up gesture, in case I missed the point.

Well, thank you. I like these little patties, too, and they can be served as Sunday breakfast, weekend brunch or just another

dish on the weekday dinner table. Try them with some Thai-style sweet chilli sauce drizzled over. They are very easy to make, and should take no more than half an hour from start to finish.

What makes them different is the two types of chicken meat used here. I chose minced chicken, and also a skinned chicken leg fillet, cut into cubes. Minced chicken tends to lose its intensity and go bland when it's mixed with other food, so the thigh cubes bring back both flavour and texture to the patties.

Choose whole kernel corn instead of creamed corn. You need the whole corn niblets to give the patties that nice, solid chew.

Finally, don't be too greedy. Keep the patties manageable at a heaped tablespoon of meat mixture each. Too large a patty will take longer to cook and the patties may break up.



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Quick sandwiches for hungry gourmets

THIS COLUMN is specially for readers who love to eat, love looking at pictures of nice recipes, but have not screwed up enough courage to venture into the kitchen yet. This is a no-cook recipe. All you have to do is butter the bread and cut an apple. But it is a delicious sandwich, nonetheless, and presentable enough when you have company. Or just as great for a lazy afternoon alone with a pot of hot tea or even a glass of red wine.

Here's what you need:

- A half baguette (Carrefour's are nice)
- A packet of pate (your choice of flavour)
- A head of butter lettuce
- A red apple (or green)

Here's what you do:

- Cut baguette almost in half, lengthwise. Butter inside of bread well.
- Wash and rinse lettuce. Shake dry. Line bread with leaves.
- Cut pate into two, place on lettuce.
- Wash, core and slice apple thinly. Place on top of pate slices.
- Press down firmly on bread so the edges close up. Cut into generous chunks.

Carrefour's deli section has some really nice French pate. My favourites are the **Pork Liver Pate (\$3.80)** and the **Duck Pate with Port (\$3.95)**. They are country-style pate, which is more chunky and coarse, and great with baguettes or multi-grain breads.



Chicken Corn Cakes

Ingredients: (makes 10 patties)

- 300gm chicken mince
- 1 large chicken leg fillet, cut into cubes
- 1 can whole kernel corn
- 1 tablespoon cornflour
- 1/2 cup milk
- salt, freshly ground black pepper

Method:

1. Wash chicken leg fillet and remove skin. Cut into 2cm cubes.
2. Open can of corn and drain all liquid. Press down on the corn lightly to drain completely.
3. Mix chicken mince, chicken cubes and drained corn. Add cornflour and seasoning to the mixture. Stir in one direction, mixing well to distribute the corn kernels evenly.
4. Heat a little oil in a non-stick wok. Drop heaped tablespoons of meat mixture into the pan and flatten slightly with your spatula.
5. Lower heat and cook patties for four minutes on each side or until nice and browned.
6. Serve hot, with Thai-style chilli sauce drizzled over, or served separately in a dipping saucer.

Shopping Guide (fresh produce prices are seasonal):

- Carrefour whole corn (\$1.20/can)
- Chicken mince (\$3.20/pkt)
- Chicken leg (\$3.70/pkt)

