



BLACK BEAN, CUCUMBER & CORN SALAD

Season:	Summer / Autumn
From the garden:	cucumber, courgette, corn, chilli, spring onion, tomatoes, coriander
Type:	salad / main
Difficulty:	easy
Country of origin:	Mexico
Serves:	30 tastes
Source:	Adapted from ' <i>La Boca Loca - Mexican Cooking for New Zealanders</i> ' by Lucas Putnam and Marianne Elliott AND Annabel Langbein's ' <i>Endless Summer</i> '

Equipment

- Chef's knife
- Chopping board
- Can opener
- Colander
- Large bowl
- Citrus juicer (dressing opt 1)
- Saucepan (dressing opt 2)
- Small bowl or jug
- Measuring spoons

Ingredients - Salad

- * 1 cucumber
- * 1 courgette
- * 1 red onion (optional)
- * 8 large tomatoes
- * 2x 400g cans of black beans
- * 2-3 cobs of corn
- * 2 avocados (optional)
- * Small bunch of coriander
- * Small bunch spring onions

Ingredients - Dressing Option 1

- * 3 limes (or lemons)

Ingredients - Dressing Option 2

- * 4 Tbsp extra virgin olive oil
- * 4 cloves garlic
- * 4 tsp ground cumin
- * 1 tsp chili flakes (optional)
- * 2 Tbsp white vinegar
- * Salt and pepper to taste

Method for the salad

(A) Adult assistance required

1. Decide which salad dressing you will make. If choosing option 2, start this process now.
2. Open the cans of black beans and pour them into a colander that has been placed in the sink. Rinse well with water and leave to drain.
3. If you are making dressing option 2, add the drained beans to the warm dressing and allow to stand at room temperature for 10-15 minutes.
4. Husk the corn: section by section, peel and pull the outer leaves firmly downward with one hand. This will open the corn like a zipper and take most of the corn silks with it. Pinch away any remaining silks. Put the leaves and silks in the compost.
5. **(A) Carefully cut the kernels from the cobb.** Stand the corn upright, with the large end on the chopping board and slice the kernels off. Set aside. Put the cobs in the compost.
6. Wash and dice the tomatoes, cucumbers and courgettes and put them in a large bowl.
7. Wash and thinly angle-slice the spring onion. Set aside.
8. Wash and finely chop the coriander (stalks and leaves). Set aside.
9. If using avocado: cut the avocados in half lengthways and rotate the halves to separate. Remove the pip by sliding the tip of a spoon gently underneath and lifting it out. Peel by placing the cut side down and removing the skin with your fingers, starting at the small end. Put the skin and pips in the compost. Chop the avocado into small chunks. Set aside.
10. Just before serving, mix everything together in the large bowl and gently stir to combine.

Method for the Mexican dressing (choose from two options)

1. **EITHER** use a manual citrus juicer to extract the juice from the limes/lemons. Mix through the salad just before serving.
2. **OR** peel and finely slice the garlic. Heat oil, garlic, chili (if using) and cumin in a saucepan and sizzle gently for a couple of minutes without letting the garlic brown. Remove from the heat and stir in the vinegar, salt and pepper. Mix through the salad just before serving.

Skills: *Chopping, draining, mixing, frying, preparing avocado,*