



Corn Güiro

Take your veg from fun to yum by making your own Corn Güiro.

Make

1. Take a corn cob and peel the husk off one side to reveal the corn kernels.
2. Grab an empty milk bottle and take off the lid.
3. Use a strong pair of scissors to cut a strip of plastic from the milk bottle which is about 2x10cm long.

Pzzzzt....

The Güiro is a Latin American percussion instrument usually made from a hollow gourd.

Play

Take your strip of plastic and drag it along the ridges to produce a scraping, 'güiro' type sound.

Recycle

Use the leftover corn to make a delicious Mexican salad.

Compost the scraps, your veggie garden will thank you!

THINGS you NEED

1 or 2 corn husks

Some strong scissors
(Ask mum or dad to help with this one)

A clean empty milk bottle



ARTS:LIVE

At Home Activity



Corn Güiro

Follow these easy steps to make your own Corn Güiro!

Pssst....
Make sure to share your Corn Güiro creations on Facebook or Instagram with the hashtag #funtoyum

HANDY HINT

Try taking a celery stick and use that to drag along the corn ridges to produce a different type of sound.

Make sure to check out our handy instructional videos on The a2 Milk Company website.



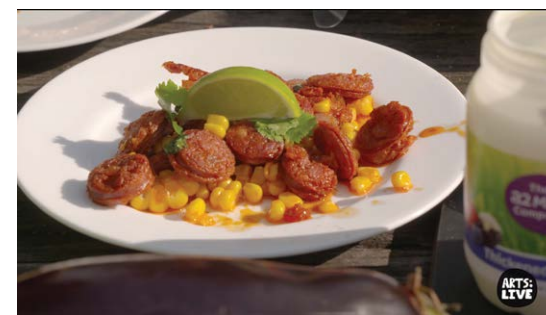
1. Get Shopping!



2. Slice a strip from your milk bottle.



3. Slide it along your Corn Güiro.



4. Recycle your corn into a tasty salsa!



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Recipes for Sustainable Songs



Corn and Chorizo Salsa

Ingredients

- Corn cobs
- Chorizo sausage
- Capsicum
- Lime juice
- Coriander
- Cherry tomatoes
- Avocado

Method

Remove the corn kernels from the cob. Dice or slice and lightly fry the chorizo and capsicum. Mix in a big bowl with halved cherry tomatoes, coriander and avocado. Drizzle with lime and olive oil and serve.

Corn Fritters

Ingredients

- 3 corn cobs
- 1 cup of self-raising flour
- 1/3 cup of milk
- 2 eggs
- 1/2 Red onion
- 100g feta cheese
- Salt and pepper

Method

Remove the corn kernels from the cob. Combine half the corn, eggs, and finely diced red onion in a bowl, process using a hand held food processor. Mix in the remaining kernels and the flour. Heat some olive oil in a large, non-stick frying pan over medium heat. Using 1 tablespoon mixture per fritter, cook 8 fritters for 4 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining mixture to make 16 fritters.

Helpful Hints

Always ask an adult for help if you are using a sharp knife, cook top or oven.

Check that none of your guests have food allergies and make sure that you keep fresh ingredients stored in the fridge.

Wash your hands before you start cooking. Being hygienic when working with food is really important.