

Baked marrow with corn

- **Ingredients**

- 350g Marrow
- 40g Butter
- 1 Corn on the cob or 1 cup frozen corn
- Salt and pepper

- **Method**

1. Preheat the oven 200oC.
2. Peel and chop the marrow into small chunks.
3. Strip the outer leaves of the corn then hold at the top and run a knife down the side to release the corn kernels.
4. Place a sheet of tin foil on a Baking tray then place a sheet of baking paper on top.
5. Place the marrow in the middle of the baking paper , then the corn kernels and butter, salt and pepper
6. Fold the baking paper then seal with the tin foil.
7. Bake in the oven for approx. 30 mins.