

Heather's Corn and Avocado Salsa

3 ears fresh corn, husks and silks removed
2 avocados - peeled, pitted, and cubed
1 red onion, finely diced
1 red bell pepper, seeded and diced
1 tablespoon minced garlic
1 tablespoon ground cumin
1 teaspoon crushed red pepper flakes
1/4 cup chopped fresh cilantro
1/3 cup red wine vinegar
2 tablespoons olive oil
1/4 cup fresh lime juice
Salt and black pepper to taste

Place the corn in a large pot with enough water to cover, and bring to a boil. Cook until kernels are tender but crisp, about 5 minutes. Drain, and cool in cold water. Use a knife to scrape kernels from the cobs.

Place kernels in a medium bowl. Stir in avocados, red onion, bell pepper, and garlic. Add cumin, red pepper flakes, and oregano. Mix in vinegar, olive oil, and lime juice. Season with salt and pepper.

SWEET CORN



Why is it not wise to tell secrets in a cornfield?
....There are too many ears!



Some sweet facts...

- Storage:
 - Eat it right away! If you must store it, leave the husks on an refrigerate the ears in a plastic bag. After about 4 days, the sweetness starts to fade
- An ear of sweet corn will always have an even number of rows
- An ear of corn is actually part of the plant's flower
- A main ingredient of dry pet food is corn

retrieved from: enchantedmaze.com, farmer john's cookbook

Hot 'n' Peppery Corn on the Cob

- 1/2 cup Michigan butter, softened
- 3 tablespoons sliced Michigan green onions
- 1 tablespoon snipped chives
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon cayenne pepper, optional
- 8 ears cooked Michigan corn (on the cob)

In a small mixing bowl, combine butter, green onions, chives, black pepper, chili powder, white pepper and cayenne, mix well.

Spread on hot, cooked corn on the cob

Note: Butter mixture may be stored in refrigerator 5 to 7 days.

Scalloped Corn

- 2 cups Michigan corn, cooked and drained
- 1 cup Michigan milk
- 2 tablespoons Michigan sugar
- 1 tablespoon all-purpose flour
- 2 tablespoons Michigan butter or margarine, melted
- 2 Michigan eggs
- 1 teaspoon salt.

Preheat oven to 350° F. Place corn in buttered 1-quart casserole dish.

In a small bowl, combine milk, sugar, flour, butter, eggs and salt. Stir until blended.

Pour over corn. Bake at 350° for 60 minutes, or until mixture is set and top is golden brown.

Corn Chowder

2 cups fresh raw sweet corn kernels (about 4 ears of corn), or use frozen
1/4 cup butter
1/4 cup minced onion
1 tablespoon lemon juice
1/4 teaspoon dry mustard
1 teaspoon sugar
1 teaspoon salt
Freshly ground black pepper
2 cups chicken stock
2 cups light cream
Tabasco sauce to taste

Sauté onion in butter until translucent but not browned.

Stir in lemon juice, mustard, sugar, salt and pepper.

Add corn and chicken stock.

Bring to a boil, cover, reduce heat and simmer for 10 minutes.

Before serving add cream and a dash of Tabasco, mix well and bring to serving temperature over low heat. Do not let chowder boil after cream is added.

Michigan Sweet Corn Bread

1/2 cup Salted Butter
1/3 cup Masa Harina
1/4 cup Water
1 1/2 cups Corn Kernels, fresh
1/4 cup Cornmeal
1/3 cup Granulated Sugar
2 Tbsp. Heavy Cream
1/4 tsp. Salt
1/2 tsp. Baking Powder

Pre-heat oven to 375° F.

In a medium bowl, beat butter with an electric mixer until creamy. Beat in masa harina and water until well combined.

Put the fresh corn in a blender or food processor and coarsely chop on low speed.

Stir in the corn and the cornmeal into the butter mixture. In another bowl, mix together the sugar, cream, salt and baking powder.

Combine the two mixtures until well blended. Pour the batter into an un-greased 8" x 8" pan.

Cover the pan with foil and place into a 9" x 13" pan filled 3/4 inch high with hot water.

Bake in a 375° F pre-heated oven for 50 to 60 minutes, until a toothpick inserted into the center of the cornbread comes out clean.



Anne's Black Bean and Corn Salsa

* this is the recipe for the festival's food sample!!

1 can Black Beans
1 large tomato
½ Large Red Onion
2 cups Sweet Corn
1 teaspoon Fresh lime juice
1/2 habanera for spice (or measure to taste)
2 tablespoons olive oil
1/4 cup fresh lime juice
Salt and black pepper to taste

Place the corn in a large pot with enough water to cover, and bring to a boil.

Cook until kernels are tender but crisp, about 5 minutes.

Drain, and cool in cold water.

Use a knife to scrape kernels from the cobs.

Chop tomato, onion and habanera.

Place kernels in a medium bowl and stir in black beans, tomato, onion, habanera.

Add olive oil, and lime juice., red pepper flakes, and oregano. Mix in olive oil, and lime juice. Season with salt and pepper.

Savory Comforting Corn Pudding

butter for greasing the baking dish
8 ears sweet corn
1/2 cup heavy cream
1/2 cup milk
2 tablespoons all-purpose flour
3/4 teaspoon salt
freshly ground white pepper, to taste
1 tablespoon butter

Preheat the oven to 325 degrees. butter a 1-quart baking dish

Cut the corn kernels off the cobs into the baking dish, and scrape remaining corn juice from the cobs. Add the cream, milk, flour, salt, and pepper; mix gently but thoroughly. Dot with butter.

Bake until golden brown on top and creamy inside, about 1 hour

