



Seasonal, Healthy, and Tasty for  
Chimacum Corner Farmstand

## August 2014: Summer Favorites!

*Nothing says summer more to me than corn and tomatoes.* I know there are more “in” vegetables, but these are my very favorites. I only eat fresh tomatoes in season, so I look forward to it every year—we eat them almost every day.

### Elote (Mexican Street Corn)

Don't let the mayonnaise throw you off. This corn is great.

- 4 ears of corn (husked)
- 1/4 cup mayonnaise
- 1/2 Tablespoon chili powder (I use ancho powder with a little cayenne for heat or chipotle powder)
- 1/4 cup cotija cheese, well crumbled (You can substitute grated Parmesan)
- Lime wedges

Grill corn, turning with tongs until charred in spots, 6 to 8 minutes.

In a small bowl, combine mayonnaise and chili powder. Spread the cotija on a plate. Brush the hot corn with the seasoned mayonnaise then roll in the cheese to coat.

Serve with lime wedges for squeezing over the corn.

### Corn with Miso Butter and Bacon

- 2 Tablespoon white miso paste
- 4 Tablespoons softened butter
- 2 slices thick cut bacon
- 6 scallions, chopped
- 4 ears fresh corn, kernels removed (or 3 cups corn kernels)

In a small bowl, combine the miso and the butter and stir until the miso is incorporated into the butter.

Chop bacon into rough pieces. Fry over medium heat until crisp. Remove bacon with a slotted spoon and lower the heat. In the remaining bacon fat, fry the scallions until softened but not browned.

Add the corn and cook, stirring and flipping until the corn is cooked through but still has some bite. Add the miso butter and combine until the corn is glossy and coated with the butter mixture. Add the cooked bacon and serve.

You can also use the miso butter on grilled ears of corn. Actually, the miso butter is good on just about any vegetable.

### Tomato Sandwiches

- 2 Slices White Bread (or any bread you would like)
- 1 Heirloom Tomato (Brandywines are my favorites), sliced
- Mayonnaise (I use Best Foods or Kewpie)
- Salt and Pepper

Spread both slices of bread with mayo. Put the tomato slices on one slice of bread, salt and pepper, put the other slice on top. Eat, letting the juices drip down your chin. You can add avocado slices if desired.

*Makes 1 Sandwich*

### Caprese Salad

- 6 assorted heirloom tomatoes, sliced 1/4-inch thick
- 1 lb fresh Mozzarella (or Buffalo mozzarella), sliced 1/4-inch thick
- 3 Tablespoons extra virgin olive oil
- 2 Tablespoons Balsamic vinegar
- Salt and Pepper
- 1/2 cup loosely packed fresh basil leaves

Alternate the tomato and mozzarella slices on a serving plate, overlapping slightly.

In a small bowl, whisk together the olive oil and vinegar. Season the tomatoes with salt and pepper to taste. Drizzle the vinaigrette over the tomatoes and scatter the basil leaves over. Serve immediately.

*Makes 6 Servings*

### Cherry Tomatoes with Blue Cheese

- 2 Pints Cherry or Grape Tomatoes, assorted colors are nice
- 2 Tablespoons olive oil
- 2 Tablespoons Balsamic Vinegar
- 1/4 cup of your favorite blue cheese, crumbled
- 2 Tablespoons fresh herbs, chopped (You can use Italian parsley, basil, mint, tarragon or thyme)
- Salt and pepper

Toss together the tomatoes, olive oil, and balsamic vinegar. Add salt and pepper. Toss with the blue cheese and herbs. You can make this a few hours in advance if desired and keep refrigerated.

*Makes about 4 servings.*



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### Corn Salsa

- 6 ears of corn, shucked (or 1 pound frozen, thawed)
- 3 ripe avocados cut in chunks
- 1 red onion, diced
- 1 red bell pepper, diced
- 2 Tablespoons minced garlic
- 2 jalapenos, finely diced (or more to taste)
- 1 cup chopped cilantro
- 1 Tablespoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/3 cup olive oil
- 1/4 cup red wine vinegar
- A few shakes of hot sauce, to taste
- Juice of 2 limes
- Salt and pepper, to taste

Grill corn about 6 to 8 minutes, or steam or boil until cooked but still slightly firm. (If using frozen corn, just thaw and use).

Remove corn from cobs and add to a large bowl, or add thawed corn to the bowl. Stir in the avocado, onion, bell pepper, garlic, jalapenos, cilantro, cumin, chili powder, and oregano.

Stir together the olive oil, vinegar, hot sauce and lime juice. Add to the bowl and stir well to coat. Add salt and pepper to taste. Refrigerate until ready to serve.

Serve with tortilla chips, serve as a salad, or stuff tomatoes with it.

Can be made 2 days in advance.

### Quinoa, Tomato and Grilled Sourdough Salad

- 1/4 cup quinoa
- 4 slices sourdough bread
- 1/3 cup olive oil, plus extra to brush the bread
- Salt
- 4 ripe medium tomatoes
- 3 small cucumbers, unpeeled
- 1/2 of a small red onion, very thinly sliced
- 4 Tablespoons chopped cilantro
- 1-1/2 Tablespoons chopped mint
- 2 Tablespoons chopped parsley
- 1 Tablespoon fresh lemon juice
- 3/4 Tablespoon red wine vinegar
- 2 small garlic cloves, crushed
- Black pepper

Preheat oven to 350°. Place the quinoa in a saucepan of boiling water and cook for 9 minutes, until tender. Drain in a fine sieve, rinse under cold water and leave to dry.

Brush the bread with a little bit of olive oil and sprinkle with some salt. Lay the slices on a baking sheet and bake for about 10 minutes, turning them halfway through. The bread should be completely dry and crisp. Remove from the oven and allow to cool, then break by hand into pieces. The pieces do not have to be of a uniform size.

Cut the tomatoes into roughly 3/4-inch dice and put it a mixing bowl. Cut the cucumbers into similar sized pieces and add to the tomatoes. Add all the remaining ingredients, including the quinoa and bread and gently stir until everything is mixed well together. Taste and add salt and pepper if needed.

*Makes 4 Serving.*