



Cooking Demonstration Recipe by Francesca Zito

August 13th, 2013

Fresh Corn Salsa

Corn is in season!!!

Shopping List

1 ear of corn
1 medium tomato
1 medium onion
1 Lipstick pepper
1 Carmen pepper
Olive oil
Salt and Pepper

LCCF Vendor Who Provided Produce/Product for Recipe

Sky Hoyt Specialty Grower
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*From your pantry
preferably kosher or sea salt / freshly
ground pepper*

Directions

Cut corn from cob. Cut tomato and peppers into a small dice. Add all to a medium size bowl.

For onion, halve then chop into 1/2" dice. In a large sauté pan over medium heat, gently sauté the onions in about 2 T. of olive oil. When they start to take on a little color, remove from heat and set aside to cool. Sprinkle with some sea salt and some good grinds of pepper, toss.

Add onion and residual oil if any to bowl with veggies when cool. Toss, season with salt and pepper. Serve as a side to flank steak or use as a salsa with chips.

Variations

So tasty with all that fresh veggie! If you want to add another layer of flavor, chop in some herbs.

Suggested Wine Pairing

With the creamy dressing try a Chardonnay that has been aged in steel, or Viognier.

Nectarine, Honey and Huckleberry Infused White Balsamic Vinegar

Fresh, fresh, fresh!

Shopping List

4 ripe yellow nectarines
White Balsamic vinegar
Honey

LCCF Vendor Who Provided Produce/Product for Recipe

EGB Farms
Hue de Laroque Farm
Wildcat Bees

Notes

I used a food mill (manual version of a food processor) to make this dish. You can use a blender or food processor.

Directions

Slice the nectarines in half, remove pits, chop into chunks and puree using either a food mill (or blender). Add 2 T. of the balsamic and 1 T. of honey. Mix together.

At the market we don't have electricity or a freezer! So we used an ice cream ball, actually by LL Bean (thought it was Eddie Bauer!). Designed for camping, it is fun for kids as you fill the canister in the ball with the mix, the other end with ice and rock salt and shake. Some children who were attending the market helped us. You can just place the mixture in your ice cream maker or keep it simple and just pour into a plastic container making sure to leave about a 1/2" of air space for expansion and freeze for about 2 hours in your freezer.

Makes about a pint and a half. Serves 6-8.

Variations

At home, we make smoothies all the time. Sometimes I'll make extra and freeze it so we have a treat for later. Use any seasonal fruit, some sort of acid like vinegar or citrus, a touch of honey or even dessert wine! If you're feeling crazy, add some herbs!

Suggested Wine Pairing

For a special dessert, you could place a scoop of the sorbet in a goblet and add an ounce-ish of a dry sparkling wine.