

Corn

Simple Grilled Corn

Pull back the corn's husks, add a pat of butter at room temperature, some salt to taste directly to the corn. Replace the husks and throw the corn on the side of the grill, next to the rest of your food. Alternatively, (if you are not grilling) remove the corn's husks, roll the corn cobs in room-temperature butter (or olive oil), salt and finely chopped parsley on a sheet of tin foil. Wrap each cob in its own foil, creating a neat little package and bake in the oven at 350deg for about 20 min.

Grilled Sweet Corn with Chili Lime Butter

Ingredients:

- 4 ears of corn
- Chili Lime Butter:
 - 1 stick of sweet butter, softened
 - zest of one lime
 - zest of one lemon
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 teaspoon chili powder
 - pinch of cayenne pepper

Place softened butter in a bowl, add the rest of the ingredients, except corn and mix until incorporated. Peel and clean corn.

Place cobs on a gas grill or barbecue, with fire burned down to white coals, turning corn frequently. Cook until nicely browned.

Slather hot grilled corn with chili lime butter and serve immediately.

Serves 4

Better Than Granny's Creamed Corn

- 1/2 onion, diced
- 1 tablespoon butter
- 2 pinches kosher salt
- 8 ears fresh corn
- 1 sprig fresh rosemary, bruised
- 1 tablespoon sugar
- 1/4 teaspoon turmeric
- 2 tablespoons yellow cornmeal
- 1 cup heavy cream
- Fresh ground black pepper

Directions:

In a saucepan over medium heat, sweat the onion in butter and salt until translucent. In a large mixing bowl, place a paper bowl in the middle of the bowl.

Resting the cob on the bowl in a vertical position remove only the tops of the kernel with a knife, using long smooth downward strokes and rotating the cob as you go. After the cob has been stripped, use the dull backside of your knife to scrape any remaining pulp and milk off the cob.

Add the corn and pulp mixture to the saucepan and cook over medium high until the juice from the corn has tightened. Add the rosemary. Sprinkle the corn with the sugar and turmeric. Stir constantly for about 2 minutes.

Sprinkle the cornmeal onto the corn, using a whisk to combine well. Add the heavy cream and cook until the corn has softened, about 2 to 3 minutes.

Remove the rosemary. Season with freshly ground black pepper.

Yellow Squash

Yellow Squash and Corn Casserole

Ingredients

- 2 eggs
- 1 (11 ounce) can cream-style corn*** *or see above for fresh creamed corn recipe****
- 1/4 cup grated Parmesan cheese
- 1/4 cup vegetable oil
- 2 tablespoons white sugar
- 1/4 teaspoon minced garlic
- 1/4 teaspoon ground black pepper
- 1/4 cup chopped onions
- 2 cups sliced yellow squash
- 1/2 cup biscuit baking mix

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan.
2. Whisk eggs in a large bowl until smooth. Stir in cream corn, Parmesan cheese, oil, sugar, garlic, and pepper. Fold in onions, squash, and biscuit mix. Pour into prepared baking pan.
3. Bake in preheated oven until bubbly and lightly browned, 30 to 40 minutes.

Summer Squash Skillet

- 2 medium yellow summer squash
- 2 medium zucchini (optional)

- 3 tablespoons olive oil
- 3 cloves garlic, finely minced
- 1 to 2 tablespoons chopped fresh basil, or 1 teaspoon dried leaf basil
- 1 teaspoon dried leaf oregano
- Dash dried marjoram
- 2 tablespoons chopped fresh parsley
- 6 to 12 cherry tomatoes or grape tomatoes, cut in quarters

Preparation:

Cut zucchini and summer squash into quarters, lengthwise, then cut in thin slices. Heat olive oil over medium heat; add zucchini, summer squash, and garlic and sauté, stirring frequently, until tender.

Meanwhile, combine remaining ingredients. When squash is tender add the tomato and herb mixture to the pan. Continue cooking, stirring, for just a couple of minutes, until hot and well combined.

BRAISED YELLOW SQUASH, CORN & TOMATOES

- 1/2 tbsp. unsalted butter
 - 1 med. size yellow onion, sliced
 - 2 med. size yellow squash, about 1 lb., sliced 1 inch thick (zucchini can be substituted)
 - 3 med. size ripe tomatoes, about 1 lb., peeled, cored and chopped or 1 (1 lb.) can low-sodium tomatoes, chopped with 1/4 c. of juice
 - 1/2 c. fresh whole kernel corn
 - 1/2 tsp. dried oregano, crumbled
 - 1/8 tsp. black pepper
 - 1 clove garlic, minced
 - 1 tbsp. minced fresh basil or parsley
1. Coat a 10 inch non-stick skillet with the spraying oil, add the butter, and melt over moderate heat. Add the onion and cook uncovered, until soft, about 5 minutes.
 2. Stir in the yellow squash, tomatoes, corn, oregano, and pepper and simmer, covered for 10 minutes or until the squash is just tender. Add the garlic and cook, stirring for 2 minutes. Sprinkle with the basil. Serves 4.

CORN AND SUMMER SQUASH RATATOUILLE

- 3 tbsp. olive oil
- 1 onion, coarsely chopped
- 1 clove garlic, crushed
- 3 med. yellow summer squash, halved lengthwise and thinly sliced
- 1 can imported whole tomatoes, crushed
- 1/4 c. chopped fresh basil
- Salt and freshly ground black pepper
- Pinch allspice

- 4 ears fresh corn, kernels removed (or use 1 pkg. frozen deluxe corn, thawed)
1. Heat oil in skillet and cook the onion over low heat for 10 minutes or until it is soft, but not brown. Add garlic, squash, tomatoes, basil, salt and pepper and allspice. Continue cooking, stirring occasionally for 20 minutes or until squash is soft. Add corn and stir thoroughly. Cook 20 minutes or until squash almost falls apart
 2. This side dish is delicious served with grilled chicken or steak. Add a tossed green salad and you've got a complete summer meal.

Baby Bok Choy

Braised Baby Bok Choy

- 2 pounds baby bok choy or mature bok choy
- 2 tablespoons extra virgin olive oil
- 1/2 cup chopped red onion
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 2 tablespoons seasoned rice vinegar (available in the Asian section of your grocery store, or from specialty Asian markets)

1. Trim the base of the bok choy, then chop off the leaves. Cut the base in half lengthwise, then cut the halves crosswise on a diagonal into 1/4-inch-thick strips. Cut the leaves crosswise on a diagonal into 1 1/2-inch-wide strips.

2. Place a large wok or a pot large enough to hold all the bok choy over medium heat. When it is hot, add the olive oil and rotate the wok or pot a bit to coat it evenly. When the oil is hot, add the onion and stir-fry until softened, 2 to 3 minutes. Add the bok choy and season with the salt and pepper. Cover and cook until tender, stirring occasionally, about 10 minutes. Stir in the vinegar and serve hot.

Serves 4 to 6.

Watercress

Beef Carpaccio with Watercress

- 1 lb 8 oz / 680 g beef sirloin or tenderloin, trimmed of all fat
- 1 fl oz / 30 mL pure olive oil
- 1 tbsp / 3 g chopped rosemary
- 1 tbsp / 3 g chopped sage
- 1 tbsp / 3 g chopped thyme
- 1 tbsp / 15 mL balsamic vinegar
- 2 tsp / 6 g kosher salt

- 1 tbsp / 14 g mignonette pepper
- Garnish
- 3 bags or bunches / 330 g B&W watercress, washed, dried and cut into 2-3" pieces
 - 5 fl oz / 150 mL Lemon Parsley Vinaigrette (recipe follows)
 - 2 fl oz / 60 mL extra-virgin olive oil
 - 3 oz / 85 g Parmesan, shaved into curls

Linguine with Watercress, Snow Peas, Zucchini (or Yellow Squash) and Gremolata

- 3Tbsp chopped fresh Italian parsley
- 1 Tbsp finely grated lemon peel
- 1 Tbsp chopped drained capers
- 1 Tbsp plus ¼ cup extra-virgin olive oil
- 12 oz. linguine
- 4 shallots thinly sliced
- 4 garlic cloves, chopped
- 2 red jalapeno chiles, thinly sliced
- 2 medium zucchini, cut crosswise into 1/3 inch slices
- 4 oz. snow peas (about 2 cups)
- 2 bunches or bag watercress
- 2 cups (packed) fresh basil leaves
- 1 cup grated Parmesan cheese
- Shaved Parmesan cheese

Mix parsley, lemon peel, capers, and 1 Tbsp olive oil in small bowl. Set gremolata aside. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain pasta, reserving 1 ½ cups cooking liquid.

Meanwhile heat remaining ¼ cup oil in heavy large skillet over medium-high heat. Add shallots, garlic, and jalapenos; saute until soft, about 2 minutes. Add zucchini and snow peas; saute until tender, about 2 minutes.

Add drained pasta, 1 cup reserved pasta cooking liquid, watercress, basil, and grated Parmesan cheese to skillet. Toss until spinach and basil wilt and sauce coats pasta, adding more pasta cooking liquid by Tbsp if dry, about 2 minutes. Season with salt and pepper. Divide pasta among 4 plates. Top with shaved Parmesan cheese and sprinkle with gremolata.

Serves: 4

Pasta with Watercress Pesto

- 120g watercress sprigs
- 1 cup grated parmesan, plus extra to garnish
- 50 g pine nuts, toasted
- 2 garlic cloves, chopped
- 2 tsp grated lemon rind
- 5 tbs olive oil, plus extra drizzle
- 400g spaghetti or tagliatelle
- 12 cherry tomatoes, halved
- 12 pitted olives

Preheat the oven to 180 C

Roughly chop 80g of watercress, and place in a food processor with half the parmesan, the pine nuts, garlic and lemon rind. Gradually add the oil and process to form a smooth paste. Season with salt and pepper.

Cook the pasta in a large pot of salted boiling water until al dente.

Meanwhile, place the tomatoes, cut-side, on a baking tray. Drizzle with olive oil and season with salt and pepper. Cook in the oven for 6-8 minutes or until just starting to wilt. Toss the pasta with the pesto, tomatoes, olives and the remaining parmesan and watercress.

Serves: 4