



## RECIPES FROM EXECUTIVE CHEF, ADAM WALKER

MARKET CHEF COOKING DEMONSTRATION  
AT THE EASTON FARMERS' MARKET  
SWEET CORN FESTIVAL  
August 6, 2011

### Fresh Sweet Corn and Cilantro Arepitas with Marinated Ground Goat and a Grilled Corn and Pablano Salsa

#### Cilantro Arepitas (corn cakes)

##### Ingredients

- 2 cups arepas flour -- white or yellow (if not available, use instant masa flour)
- ½ cup raw corn kernels
- 1 Tablespoon chopped garlic
- ¼ cup chopped cilantro
- 1 large pinch of salt
- Pinch of coriander, ground oregano & rubbed sage
- 12 turns cracked black pepper
- ¾ cup water or so
- ½ cup corn or soy oil, for frying

##### Directions

- Place flour, salt, spices & herbs in bowl
- Add corn, water and knead until firm ball forms
- Cover with plastic rest and let rest 30 minutes
- Put small ball on cutting board & press into small circle
- Fry circles in very hot oil until golden brown
- Turn and repeat on other side
- Set aside to cool

Makes approximately 8 small cakes for appetizers or 4 large cakes for entrees

#### Marinated Goat

##### Ingredients

- 2 lbs. ground goat
- 2 Tablespoons fresh chopped thyme
- 1 Tablespoon chopped garlic
- ½ teaspoon mesquite seasoning
- Splash of red wine vinegar
- 1 Tablespoon extra virgin olive oil

##### Directions

- Mix all ingredients and let rest 10 minutes
- Form into 2 oz. patties and brown on grill
- Keep warm

Makes filling for 8 appetizers or 4 main meals

#### Grilled Corn and Pablano Salsa

##### Ingredients

- 4 ears of corn
- 3 tomatoes peeled, seeded & chopped
- 2 Tablespoons kosher salt
- 2 garlic cloves chopped fine
- 1 lime - juice and zest
- ½ cup spring onion chopped
- 2 pablano chilies grilled, peeled, seeded & chopped
- 2 jalapenos grilled, seeded & chopped
- 2 Tablespoons chopped cilantro

##### Directions

- Steam and grill corn
- Cool corn and cut kernels from cob, reserve both
- Blanch, shock & peel tomatoes – place in colander and sprinkle with 1 Tablespoon of the salt
- Mix garlic with lime juice, zest & salt, reserve
- Combine corn, tomatoes and garlic with remaining ingredients
- Check seasonings

Makes approximately 3 cups of salsa



## Curried Corn Sauce

### Ingredients

- 2 small scallions with green tops, minced
- 1 garlic clove, minced
- 1 Tablespoon butter
- 1 Tablespoon curry paste
- 2 cups raw corn kernels (5 ears)
- 1 cup coconut milk (if not available use corn broth or chicken broth)
- ½ lime, juiced
- 2 Tablespoons cilantro chiffanade
- 1 Tablespoon mint chiffanade
- Salt to taste
- 2 drops hot sauce (recommended: Red-headed Stepchild hot sauce)

### Directions

- Cook onion & garlic in butter until browned - 8 minutes
- Add curry paste and cook 1 minute until fragrant
- Puree 1 cup corn with coconut milk
- Strain puree mix and add to pot
- Add remaining corn to pot – simmer 1 minute
- Reduce heat to low, cover pot and cook 10 minutes
- Just before serving add lime juice, cilantro, mint, salt & hot sauce

Makes enough to top four split chicken breasts

## Corn Broth

### Ingredients

- 8 corn cobs
- 1 large carrot peeled & chopped
- 2 ribs celery chopped
- 1 small onion chopped
- 2 garlic cloves
- 1 bay leaf
- ½ lime, juiced
- 3 sprigs fresh thyme
- 2 quarts cold water (or just enough to cover)

### Directions

- Place all ingredients in stock pot
- Bring to a full boil
- Reduce heat and simmer for 30 minutes

## Corn and Crab Chowder

### Ingredients

- 3 strips very smoky bacon, chopped
- ¼ lb. andouille sausage, chopped
- 4 garlic cloves, chopped
- 1 medium white onion, chopped
- 1 medium red onion, chopped
- 10 ears corn, grilled & kernels removed
- 2 red peppers, seeded & chopped
- 4 celery ribs, chopped
- 2 yellow peppers, seeded & chopped
- 2 green peppers, seeded & chopped
- ½ cup scallions, chopped
- 3 russet potatoes, diced
- 2 quarts corn broth
- 1 quart heavy cream
- 1 lb. crab meat (special or claw)
- Salt & pepper
- Nutmeg & Old Bay Seasoning (sprinkle of each)

### Directions

- Render bacon and sausage in pan
- Add garlic and brown
- Add onions and brown
- Add remaining vegetables, sauté 10 minutes
- Add potatoes, cook 5 minutes
- Add corn broth, heavy cream, nutmeg & Old Bay -- simmer 15 minutes
- Add crab meat, simmer 10 more minutes
- Adjust seasonings and serve warm

Makes appx. 16 servings

## Corn and Cheddar Cheese Dip

### Ingredients

- 12 oz. cream cheese
- 3½ cups sour cream
- 2½ cups mayonnaise
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon white pepper
- Pinch nutmeg
- Tiny pinch cayenne pepper
- 12 oz. grated cheddar cheese
- 3 cups grilled corn

### Directions

- Warm cream cheese to room temperature
- Add remaining ingredients and combine
- Refrigerate overnight
- Heat any size serving needed on stove top or in oven
- Add breadcrumbs, parmesan cheese and/or chopped scallions, if desired

Makes 3 quarts

## Chili Lime Butter for Corn on the Cob

### Ingredients

- 3 small pods of dried chilies (chipotle, aoxoxoa and pasilla)
- 1 teaspoon cumin seeds, toasted
- 2 cloves garlic, chopped
- Salt & black pepper to taste
- ½ lime, zest and juice
- ½ lb. softened butter

### Directions

- Soak chilies in hot water, remove stems, & chop
- In mortar & pestle or mixing bowl, combine all ingredients
- Place mixture on parchment paper with plastic wrap underneath
- Roll butter and paper into cigar shape and wrap in plastic
- Refrigerate until use

Makes enough for spreading on appx.12 ears of corn

