

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

“Southern Classics”

March 2024

PARMESAN GRILLED CORN ON THE COB/FRESH LIME

12 ears fresh corn (husks and silk removed)

1-cup grated Parmesan cheese

½-tsp. cracked black pepper

1½-cups your favorite mayonnaise

2 limes, halved

Preheat grill on high. Place raw cleaned corn on hot grill. Turn corn every 4-5 minutes until corn achieves grill marks (a slight char) on all sides, then remove from grill. Place corn on cookie sheet or baking pan and allow to cool. Preheat oven to 425°F. Using your hands, spread mayonnaise evenly around each cooled ear of corn. Then coat ears of corn with Parmesan cheese and return corn to baking pan or cookie sheet. Sprinkle cracked black pepper evenly over corn. Place pan in hot oven and roast corn until golden brown (approx. 8-10 minutes). Remove from oven and squeeze fresh lime juice over all ears of corn. This is one of my absolute favorites!

FRIED GREEN TOMATOES/BACON JAM

4 large green tomatoes

2 eggs

½-cup milk

½-cup cornmeal

½-cup breadcrumbs

2-tsp. “For Pete’s Sake” sea salt infusion (found at www.eastcoastsaltcompany.com)

¼-tsp. ground black pepper

1 quart vegetable oil for frying

Slice tomatoes into 1/2-inch slices. Discard the ends. In a medium-size mixing bowl, whisk milk and eggs together. In another bowl or flat-bottomed plate, combine flour, salt, and pepper. Mix to combine. In another bowl or flat-bottomed container, combine cornmeal and breadcrumbs. Mix to combine. In a deep skillet or cast-iron pan, heat oil to 375°F. While oil is heating, set up your dredging station, with flour first, egg wash second, and breadcrumbs/cornmeal third. During this step, be sure to keep one hand wet and the other had dry or use a separate pair of tongs for each step. First, dredge in flour mixture. Then dip

the tomatoes in the egg wash. Remove them from the egg wash and allow excess egg wash to drip off before moving on to the next step. Next, dredge the tomatoes in the breadcrumb mixture, being sure to evenly coat both sides of the tomatoes. Transfer dredged tomatoes onto a cookie sheet tray while you wait for oil to reach 375°F. Once oil has reached its desired temperature, carefully begin to place tomatoes into hot oil, allowing space in between the tomatoes so that they are not touching each other. You will fry the tomatoes in several batches. Fry until crisp and golden brown, then carefully flip the tomatoes over to fry the second side. After both sides are browned, transfer the fried tomatoes to a paper towel-lined sheet tray or plate. Repeat with the remaining tomatoes and serve hot.

BACON JAM

1 ½-pounds smoked bacon
2 medium sweet yellow onions, cut in ribbons (pole-to-pole)
½-cup plus 2 TBSP. balsamic vinegar
½-cup brown sugar
1-tsp. ground black pepper

Preheat oven to 400°F. Lay bacon slices out in a single layer on a foil-lined baking sheet. Bake for about 14 minutes, or until the bacon is browned and crispy. Transfer the cooked bacon to a paper towel-lined baking sheet, then transfer the rendered bacon fat into a small bowl. In a medium to large skillet, add 2 TBSP. of bacon fat to skillet and heat over medium-low heat. Add the onions to skillet and sauté onions for nearly an hour, while checking every ten minutes to stir and scrape up any brown bits that might form on the bottom of the pan. Once the onions are a dark golden brown in color, deglaze the pan with 2 TBSP, scraping the pan as the vinegar dissolves. Add the remaining balsamic vinegar, brown sugar, and pepper. Stir until a thick glaze forms, about 5 minutes. At this point you may transfer your bacon jam to a food processor and puree the mixture into a smooth jam. I prefer to use it unprocessed. Store in a sealed container in the refrigerator up to 3 months.

SMOKED GOUDA GRITS

2 TBSP. bacon fat
1 medium yellow onion, diced
2 -ups grits, coarse corn meal, or quick-cooking grits
4-5-cups chicken stock
1-pound smoked gouda, shredded
1/8-tsp. cracked black pepper
2 green onions, chopped

Over medium heat, add bacon fat and onions to a medium size saucepan. Sauté onions until they are tender and slightly browned. Add 4 cups of chicken stock, stir, and bring to a gentle simmer. Using a whisk, begin adding the grits to the hot chicken stock, one cup at a time, whisking between each addition. The mixture will begin to thicken. Now, using a wooden spoon, continue to stir grits, and add a bit more chicken stock when necessary. Once the grits have reached your desired consistency, remove the pan from the heat and add the shredded cheese. Stir. Add black pepper and continue to stir until grits are smooth and creamy. You still may need to add a bit more chicken stock, as the grits will continue to thicken. Transfer to your serving bowls or dish. Garnish with chopped green onions and enjoy!

SOUS VIDE BRAISED SHORT RIBS

5-6-pounds beef short ribs (flanken or English cut)

2 TBSP. “BBQ’s Best sea salt infusion (found at www.eastcoastsaltcompany.com)

***this recipe takes 2-3 days to complete**

Rub short ribs with “BBQS Best” sea salt blend until ribs are evenly coated. Cut ribs down to fit whatever size sous vide bags you will be using. (I use gallon-size zip-lock storage bags.) Transfer seasoned ribs to your plastic bags. Seal bags and refrigerate for 24 hours. After 24 hours, remove bags of ribs from the refrigerator as add them to your sous vide container. Set the immersion circulator for 140°F and slowly cook ribs for 48-72 hours. After 48-72 hours, remove ribs from bags and cut them into your desired portions. Strain the juice from each bag through a strainer and spoon some of this delicious juice over the ribs before serving.

APPLE or PEACH BOURBON BREAD PUDDING

bourbon sauce

¼-cup brown sugar

4 TBSP. butter

¼-cup bourbon

Dash of Matthew’s Bourbon & Brown Sugar Sweet Salt (found at www.eastcoastsaltcompany.com)

bread pudding

1 large egg

¾-cup heavy cream, light cream, or half and half

1 TBSP. sugar

¼-tsp. ground cinnamon

½-tsp. vanilla

2-cups dry, leftover bread, 1” cubes

1 Granny Smith apple; peeled, cored, diced OR 1-cup peaches; peeled and sliced

Additional butter to grease the baking pan

Fresh whipped cream (optional)

In a heavy-bottomed saucepan, add butter, brown sugar, bourbon, and sweet salt. Stir and allow to simmer slightly. Sauce will become slightly foamy. Remove from heat and set aside.

Preheat oven to 350°F. Thoroughly butter the bottom and sides of a 3X9-inch loaf pan. In a medium sized mixing bowl, whisk together eggs and heavy cream; add sugar, cinnamon, and vanilla. Add the cubed bread and apples or peaches, stir to fully distribute the cream and egg mixture. Allow enough time for the bread to absorb the custard (about 5-7 minutes) before proceeding. You may need to add a little more cream if you notice any bread that has not absorbed the custard. Transfer mixture to the prepared baking dish. Bake on middle/center oven rack for about 20-30 minutes, or until golden brown. Remove from oven, run a knife around the perimeter of the bread pudding to create space around the outer edge. Pour bourbon sauce over the top of the hot bread pudding, being sure to include the outer edges. Sauce will be absorbed into the hot bread pudding. Serve warm with ice cream or whipped cream. This is my absolute favorite! Option: use peaches instead of apples!!! You’re welcome!