

Matthew May's

TEACHING KITCHEN

“Summertime Favorites”

August 9 and 23, 2025

PARMESAN GRILLED CORN ON THE COB

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!

HEIRLOOM TOMATO AND WATERMELON SALAD

1 medium size, seedless watermelon
2-pounds heirloom pear or cherry tomatoes (assorted colors), rinsed and halved
1 TBSP. fresh mint, chopped
1/8-tsp. cracked black pepper
¼-cup crumbled feta cheese (optional)
½-cup balsamic vinegar, reduced to ¼-cup

In a small saucepan, simmer balsamic vinegar on medium-low heat until it has reduced in volume by half. Transfer to a small bowl or jar and allow to cool. Carefully remove the outer peel of the watermelon. I find this easy to do by slicing off about an inch from the top and bottom, to create two flat surfaces. Turn the watermelon so that one of the flat sides is down. Then, using a long slender knife (slicing knife), beginning from the top of the watermelon, slice away a small strip of the rind. The second cut will be easier now that the inner watermelon is now visible. Continue slicing away the rind until it has all been removed. (This rind is very good pickled!) Then, slice the watermelon into 1-inch slices. Then into bite-size pieces, about 1” cubes. Add cut watermelon to a large mixing bowl. Add halved tomatoes, chopped mint, feta, and black pepper. Gently toss the watermelon and tomatoes to evenly combine with feta and mint. Serve individual portions and drizzle with balsamic syrup. Sweet and Savory!

SHRIMP TACOS

1-pound peeled and deveined 16/20 shrimp
1-tsp. “Barbecues Best” Sea Salt
1-tsp. canola oil
10 each 6-inch tortillas (corn or flour)
1/4-cup chopped cilantro
1/4-cup chopped red onion
1/2-cup shredded cabbage
1/4-cup fresh lime juice
1 green onion, chopped
1 cup sour cream
1/2-tsp. Wasabi

In a medium-size mixing bowl, combine shrimp, canola oil, and “Barbecues Best” Sea Salt (found at www.matthewmay.org). Toss to combine. Cover bowl with plastic wrap and refrigerate for at least two hours or overnight. Meanwhile, in a small mixing bowl, combine sour cream, wasabi, and ½-tsp. lime juice. Stir; taste and adjust wasabi and lime if needed. Cover and refrigerate until ready to use. Preheat a skillet or fry pan over medium heat. Place a tortilla in the hot pan and toast each side of the tortilla until golden brown. Continue until all tortillas are toasted. Set aside. Using the same hot skillet, add shrimp to pan and move them around so that all shrimp are laying on the bottom of the pan. Depending on how large your skillet is, you may need to do this step in batches. Sear the shrimp for one minute on each side. Remove the shrimp from the pan when the very center of the shrimps is still raw. The shrimp will finish cooking out of the pan. This is called “carry-over cooking”. Food continues to cook when you remove it from the heat source from the residual heat that is still in the food. Now you are ready to build your tacos. Place a shrimp or two on the center of your taco shell. Top with shredded cabbage, cilantro, sliced onion, green onion, pickled onion (recipe will follow), and wasabi-lime crema. Squeeze fresh lime on each taco before serving.

QUICK-PICKLED RED ONION

1-cup red wine vinegar

½-cup sugar

1 red onion, sliced pole-to-pole in narrow slivers

In a small saucepan, combine vinegar and sugar. Bring to a boil. Remove from heat. Add sliced onion, stir. Set aside on the counter to allow the mixture to cool, stirring periodically. Once cooled, cover and store in refrigerator for up to 2 weeks. Pickles will be ready in about an hour.

LEMON CRÈME BRÛLÉE

4 egg yolks

zest of 2 medium-sized lemons

1-cup heavy whipping cream

2 TBSP. sugar (divided)

2 6–8-ounce baking cups/ramekins

(Makes two desserts)

Optional: Add 1-tsp. pure lavender extract to egg yolks and sugar

Optional fruit-on-the bottom: Add 1 TBSP. raspberry jam, blackberry jam, or fruit preserves to each ramekin before pouring crème Brûlée on top.

Heat oven to 300°F. Zest lemons and separate egg yolks from the whites (discard whites). Whisk together 1 TBSP. sugar and egg yolks in a small mixing bowl. In a small saucepan, bring cream and lemon zest to a simmer over medium heat. (Takes about 5 minutes). Stir occasionally and do not let it boil. Once the cream mixture reaches a low boil, remove from heat. Allow to sit for 5 minutes to draw the lemon oil out of the zest. Strain to remove the lemon zest. Slowly pour the hot cream into the egg yolk mixture (a little at a time), while whisking constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 9”x9”-inch pan. Divide the custard mixture into the ramekins. Pour the water into the pan until it's halfway up the side of the ramekins. Be careful not to pour water any into the custard. Bake 40-45 minutes or until centers are just set. Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: Cover each ramekin with 1-tsp. of white sugar and tilt Brûlée around to evenly coat with sugar. Pour off any excess sugar. Brûlée the tops with a kitchen torch or under the broiler until sugar browns. Wait a few minutes before eating, as the sugar is very hot.

POMEGRANATE VODKA MARGARITA

Ice cubes

2-ounces vodka

1-ounce freshly squeezed lime juice

2-ounces pomegranate juice

1-ounce simple syrup

Lime wedge for garnish

Combine all ingredients in a cocktail shaker. Shake for 10 seconds and pour into a margarita glass. Garnish with a lime wedge or twist.