

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

September 2023 “Summertime Cool Down”

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!

TOMATO SALSA

2-pounds tomatoes, diced
1 jalapeño pepper, halved, stem and seeds removed, chopped
1 small white or yellow onion, peeled and diced
1 garlic cloves, minced
½-cup chopped fresh cilantro
1-2 TBSP. fresh lime juice
½-tsp. ground cumin
Salt & pepper to taste

Combine all ingredients; stir. Taste, and adjust seasoning if needed. Wrap, and set aside in refrigerator for an hour or two before serving. May be stored in refrigerator for up to 4 days.

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 fruit-on-the bottom: Add 1 TBSP. raspberry jam, blackberry jam, or fruit preserves to each ramekin before pouring crème Brulée 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 Brulée around to evenly coat with sugar. Pour off any excess sugar. Brulee 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.