

**September 30, 2015**

## **Time for Corn**

Fresh sweet corn will soon be gone for another year, so make these summery Southwestern recipes while you still can, or enjoy them any time you're craving a taste of sunshine, thanks to the convenience of frozen or canned kernel corn.

Our savoury and spicy Jalapeño Corn Muffins can be baked right on your grill, so you can cook them next to your meats and Parmesan Corn on the Cob, which takes sweet, caramelized grilled corn to the next level by slathering it with a flavourful mix of butter, parmesan cheese, parsley, basil and garlic.

While everything is cooking, munch on tortilla chips dipped in our Corn and Black Bean Salsa. If using fresh or canned corn, you may not need to sauté for the full three minutes. For a smokier flavour, try adding smoked paprika or roasted bell pepper. Like spicy? Add finely diced jalapeño pepper for an extra kick.

-----

### **JALAPENO CORN MUFFINS**

#### **Ingredients:**

1 cup (250 mL) cornmeal  
3/4 cup (175 mL) flour  
2 tbsp (25 mL) sugar  
1 tbsp (15 mL) baking powder  
1/2 tsp (2 mL) salt  
1 cup (250 mL) milk  
1/4 cup (50 mL) oil  
1 egg  
3/4 cup (175 mL) frozen kernel corn, thawed  
2 tbsp (25 mL) finely chopped red bell pepper  
1 tbsp (15 mL) finely chopped jalapeno pepper



## Method:

Combine cornmeal, flour, sugar, baking powder and salt in a bowl. Whisk together milk, oil and egg until well blended. Pour liquid ingredients into dry ingredients and stir just until combined. Gently fold in corn, red pepper and jalapeno pepper. Spoon mixture into paper-lined muffin cups. Set a brick directly on grid on natural gas barbecue. Place muffin pan on brick. Bake, with lid down, over medium heat for 20 - 25 minutes or until muffins test done. Turn pan occasionally to ensure even cooking. Muffins may also be baked in a 400°F (200°C) oven for 20 - 25 minutes or until muffins test done. Serve warm. *Makes 12 muffins.*

---

## CORN AND BLACK BEAN SALSA

### Ingredients:

- 1 tbsp canola oil
- 3 cups frozen kernel corn
- 1 each medium green and red bell pepper, seeded and cut into 1 inch pieces
- 1 medium onion, cut into 1 inch pieces
- 1/4 cup fresh lime juice
- 2 tbsp grated lime peel
- 1 tbsp liquid honey
- 1/2 tsp ground cumin
- 1 can (19 oz/540 mL) black beans, rinsed and drained
- 1 tbsp chopped fresh cilantro

1. Heat oil in a large non-stick frypan over medium-high heat. Add corn and sauté for 3 minutes. Remove from heat; set aside.
2. Place bell peppers, onion, lime juice, lime peel, honey and cumin in a food processor; process, using an on/off motion until vegetables are finely chopped.
3. Transfer pepper mixture to a bowl. Add corn, beans and cilantro; stir to combine. *Makes about 6 cups.*



## PARMESAN CORN ON THE COB

### Ingredients:

1/4 cup (50 mL) butter, melted  
2 tbsp (25 mL) grated Parmesan cheese  
1 tbsp (15 mL) chopped fresh parsley  
1/4 tsp (1 mL) salt  
1/8 tsp (0.5 mL) basil, crumbled  
1 clove garlic, crushed  
4 cobs corn, husked

### Method:

Combine all ingredients except corn. Place each cob of corn on a piece of foil. Drizzle butter mixture evenly over corn and wrap tightly with foil. Cook over medium heat on natural gas barbecue for 15 - 20 minutes, turning frequently. *Serves 4.*