

Cleveland County Kitchen
July, 2015
Food of the Month – Corn
Chef Stephen Ciliberti
Chef's Recipes



Roasted Corn and Black Bean Salsa

3 ears of grilled or roasted corn – slightly charred

1 – 15oz. can black beans, rinsed and drained

5 – plum tomatoes, seeded and chopped

½ medium red onion, chopped

4-5 sprigs fresh cilantro, minced

1 medium jalapeno pepper, seeded and chopped (1/2 of a green bell pepper can be substituted for the jalapeno)

½ medium red bell pepper

Juice of one medium lime

Kosher salt and course ground black pepper to taste

Directions:

Combine all ingredients in a large mixing bowl. Stir well, cover with plastic wrap and place in refrigerator. Best if made 1-2 hours ahead.

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Corn Muffins

Original recipe – 12 muffins

½ cup butter, softened	1-1/2 cups all purpose flour
¼ cup honey	¾ cup cornmeal
½ cup white sugar	1 teaspoon baking powder
2 eggs	½ teaspoon baking soda
½ cup buttermilk	½ teaspoon salt
¾ cup cooked whole kernel corn	

Southwestern recipe – 12 muffins

½ cup butter, softened	1-1/2 cups all purpose flour
¼ cup honey	¾ cup cornmeal
½ cup white sugar	1 teaspoon baking powder
2 eggs	½ teaspoon baking soda
½ cup buttermilk	½ teaspoon salt
¾ cup cooked whole kernel corn	½ medium finely chopped and seeded jalapeno
3 Tbs. finely chopped red bell pepper	

Directions:

1. Preheat oven to 350°F
2. Grease or line 12 muffin cups.
3. In a large bowl, cream together butter, sugar, honey, eggs and salt. Mix in flour, cornmeal baking soda and baking powder; blend thoroughly.
4. Mix in buttermilk and corn.
5. Batter will be thick.
6. Pour or spoon batter into prepared muffin cups.
7. Bake in preheated oven for 20-25 minutes, or until a toothpick inserted into center of a muffin comes out clean.