



SWEET CORN
RECIPE BOOKLET

ELOTES

Classic Mexican street corn, lightly charred on the cob and slathered in creamy sauce and seasoning. Considered by many to be the best way to serve sweet corn. Period.

4	ears	grilled Welsh Bros. sweet corn
$\frac{1}{3}$	cup	mayonnaise*
1	tsp	fresh lime juice, plus wedges for serving
$\frac{1}{2}$	tsp	lime zest
$\frac{1}{2}$	tsp	smoked paprika, chili powder or ancho chile powder
$\frac{1}{3}$	cup	Cotija cheese**
2	tbsp	chopped fresh cilantro
Optional		sea salt, to taste

First, shuck the corn, removing husks and silk entirely. Place the ears directly on a grill over medium-high heat. Rotate every 3-5 minutes and cook until there are light grill marks. Overcooking can dry out the corn, most kernels should still be yellow or white.

In a small bowl, stir together the mayonnaise and lime juice and zest.

Spread the mayo mixture over the corn and sprinkle with the smoked paprika or chili powder, Cotija, and cilantro. Add sea salt to taste and serve with lime wedges.

*You can mix or substitute Mexican crema or sour cream for the mayonnaise.

** Cotija can be replaced with Feta.

SWEET CORN PASTA SAUCE

Grab your apron...crack open your pasta cupboard and a bottle of white wine...and get ready. This dish is a celebration of simple, wholesome, just-picked freshness. Time to turn “pasta night” into a “pass the pasta” night.

8	Ounces	Dry pasta (we love this recipe with rigatoni or farfalle)
2	Tbsp	Olive oil
¼	Cup	Finely chopped shallot
2	Cloves	Garlic - minced
2	Cups	Welsh Bros Sweet Corn kernels (3-4 cobs)
½	tsp	Sea salt
¼ - ½	tsp	Red pepper flakes
¼	Cup	Dry white wine (bonus: you get to drink the rest with dinner)
½	Cup	Heavy cream
½	Cup	Grated parmesan cheese
½	Cup	Fresh parsley - finely chopped (reserve a couple of tablespoons for garnish)
1	Tbsp	Fresh lemon juice

Cook the pasta according to package directions. Reserve ½ Cup of the pasta cooking water before draining.

Heat the olive oil over medium heat in a large skillet. Once hot add the shallot and sauté until translucent - about 2 minutes. Add the garlic and continue to sauté for 1 minute.

Add the corn, salt, and red pepper flakes. Mix and sauté for 2 minutes. Add the white wine and simmer until most of the wine has cooked off - about 2 minutes.

Reduce the heat to a low simmer and add the cream. Cook until slightly thickened - about 3 minutes.

Add the parmesan cheese, parsley, and lemon juice. Stir well to combine. Add some of the reserved pasta cooking water a tablespoon at a time until you reach your desired consistency.

In a large bowl combine the pasta sauce and the drained pasta. Top with reserved parsley and serve.

ROASTED SWEET CORN, BLACK BEAN AND QUINOA SALAD

This sweet corn, black bean and quinoa salad is the real deal. Roasted Welsh Bros Sweet Corn, earthy quinoa, and hearty black beans with a lemon-lime dressing is a celebration of farm fresh flavour.

2	Cups	Welsh Bros Sweet Corn kernels (3-4 cobs)
2	Tbsp	Olive oil
1	tsp	Sea salt
1/8	tsp	Coarse black pepper
2	Cups	Cooked quinoa* (see below)
¼	Cup	Diced red pepper
3	Tbsp	Diced green pepper
1-2	Tbsp	Minced jalapeno
2	Tbsp	Minced fresh basil
2	Tbsp	Minced green onion
1	Can	Black beans - rinsed well
3	Tbsp	Fresh lemon juice
2	Tbsp	Fresh lime juice
3	Tbsp	Agave syrup (or honey)
1	tsp	Frank's hot sauce (or your fave hot sauce)

Preheat the oven to 375° F. Toss the Welsh Bros Sweet Corn kernels with the olive oil, salt, and black pepper. Spread on a lined baking sheet and roast for 9 to 11 minutes until lightly coloured. Mix every 2-3 minutes. Remove from the oven and let cool.

Mix the cooled sweet corn, cooked quinoa, peppers, basil, and green onion in a large bowl. In a separate bowl mix together the lemon juice, lime juice, agave, and hot sauce. Pour the dressing over the salad and fold everything together with a rubber spatula.

Let the salad stand at room temperature for about 30 minutes to allow the flavours to meld. Taste and tweak the seasoning if necessary.

PERFECT QUINOA

1	Cup	Quinoa - rinsed well
1-1/2	Cups	Water
½	tsp	Sea salt

Rinse the quinoa in a strainer for 60 seconds under warm running water. Drain and place the quinoa in a medium pot over low heat. Toast the quinoa, mixing regularly with a wooden spoon until the quinoa is dry, lightly toasted and smelling a little "nutty".

Add the water and the salt to the pot. Raise the heat to high and bring the water to a boil. Once boiling reduce the heat to low, cover the pot, and cook for 14 minutes.

Remove the pot from the heat, remove the lid and let the quinoa rest untouched for 12 minutes. At this point the quinoa seeds will have sprouted little white tails and the water will have been completely absorbed.

After resting, fluff the quinoa with a fork.

SWEET AND SPICY FRESH CORN SALSA

We promise - you ain't gonna stop after just one nacho chip. Serve this Welsh Bros Sweet Corn salsa with chips, on tacos or quesadillas, or by the spoonful. The recipe below serves up a medium spiced salsa. Add a second chipotle pepper in adobo to kick this salsa up a few notches.

1	Tbsp	Canola (or vegetable) oil
½	Medium	Sweet onion - finely diced
2	Stalks	Celery - finely diced
3	Cloves	Garlic - minced
2	Medium	Tomatoes - seeded and chopped
1	Cup	Chopped roasted red pepper
1	Can	Pinto beans (or black beans) - rinsed and drained
2	Cups	Welsh Bros Sweet Corn kernels (3-4 cobs)
2	Tbsp	Agave (or honey)
1	Large	Chipotle pepper in adobo - minced
1	tsp	Ground cumin
½	tsp	Ground coriander
½	tsp	Sea salt
2	Tbsp	Olive oil
1	Tbsp	Lime juice

Heat the canola oil in a skillet over medium heat. Once hot add the onions and celery. Saute until soft - but not browned. Add garlic and continue to saute for 1 minute. Remove from the heat and transfer to a large bowl.

Add the tomatoes, roasted red pepper, and pinto beans to the bowl. Stir well to combine.

Add the Welsh Bros Sweet Corn kernels, agave, chipotle in adobo, and spices to the bowl. Stir well to combine.

Mix the olive oil and lime juice in a small bowl. Add to the salsa, mix well, and serve.

CREAMY SWEET CORN CHOWDER

A celebration of the best of farm-to-table premium sweet corn! With fresh picked Welsh Bros Sweet Corn, this chowder is both indulgent and comforting. Serve it up in mason jars for a “farm chic” presentation.

1	Tbsp	Olive oil
½	Medium	Sweet onion - small dice
1	Small	Red pepper - small dice
1	Stalk	Celery - small dice
1	Tbsp	Minced fresh thyme leaves
¾	tsp	Smoked paprika (or sweet paprika)
½	tsp	Old Bay seasoning
½ - 1	Small	Jalapeno - seeded and minced
1	Lb	Russet potato - peeled and ½” dice
1	Clove	Garlic - minced
4	Cups	Welsh Bros Sweet Corn kernels (6-7 cobs)
4	Cups	Vegetable stock
½	tsp	Sea salt
¼	tsp	Coarse black pepper
1	Tbsp	Rice vinegar

In a soup pot or Dutch oven heat the olive oil over medium heat. Add onions and sauté until translucent - about 5 minutes.

Add the red pepper, celery, thyme, paprika, Old Bay and jalapeno. Continue to sauté until very fragrant - about 4 minutes.

Add the potato, garlic, Welsh Bros Sweet Corn, vegetable broth and salt & pepper. Cover the pot and bring the soup to a boil. Then lower the heat and simmer for about 20 minutes until the potatoes are tender.

Ladle half of the soup into a blender and blend on high speed until very smooth. Return the blended soup to the pot, add the vinegar and stir well. Taste and tweak the seasoning if necessary.

Serve immediately.

WELSH MEXICAN STREET CORN SALAD

4 ears	Welsh Bros BiColour Sweet Corn
	Olive oil (for brushing)
2 Tbsp	Mayonnaise
1 clove	Garlic - minced
Zest + Juice of 1	Lime
1/2 Cup	Chopped green onions (green & white parts)
1/3 Cup	Crumbled Panela or Cotija or Feta cheese
1/4 Cup	Chopped basil (or cilantro)
1/2 tsp	Smoked paprika
1/2 tsp	Cumin
1/2 tsp	Hot sauce (preferably Mexican - but any will do)
1 med	Jalapeno - diced
2 tsp	Agave (or honey)
1/2 tsp	Sea salt

(Serves 4)

Preheat bbq (or grill pan) to medium-high heat. Husk corn and brush the cobs with the olive oil. Grill approximately 2 minutes per side (±8 minutes) until nicely grill marked. Remove and set aside to cool.

Option: Brush jalapeno with olive oil and grill alongside the corn.

Combine the mayonnaise, garlic, lime zest, and lime juice in a large bowl and whisk together.

When cobs are cool enough to handle, using a sharp knife, slice the kernels from the cob and add to the bowl. Add green onions, cheese, basil, smoked paprika, cumin, hot sauce, jalapeno, agave, and sea salt.

Mix together well, cover, and refrigerate for at least an hour before serving.

This recipe can easily be made vegan by using vegan substitutes for the mayonnaise and the cheese.

WELSH YELLOW SWEET CORN REFRIGERATOR RELISH

1250 g (8 Cups)	Welsh Bros Yellow Sweet Corn (about 8 cobs)
180 g (1.5 Cups)	Diced red pepper
115 g (1 Cup)	Diced sweet onion
62 g (1/2 Cup)	Diced poblano pepper (or substitute 30 g minced jalapeno)
2-1/4 Cups	White vinegar
1-1/2 Cups	Sugar
2-1/2 tsp	Yellow mustard seeds
1 tsp	Coriander seed
1 tsp	Cumin seed
1/2 tsp	Celery seed
1/2 tsp	Red chili flakes
2 tsp	Kosher salt
1/2 tsp	Black pepper
2 Tbsp	Corn starch
3 Tbsp	Water

Prepare the Corn: bring a large pot of water to a rolling boil. Husk the sweet corn and add (in batches) to the boiling water. Boil for 3 minutes and remove to cool. When cool enough to handle, carefully remove the kernels from the cob using a very sharp knife. Place kernels in a large bowl.

Add red pepper, sweet onion, and poblano (or jalapeno) pepper to the corn kernels and set aside.

Place vinegar, sugar, and spices in a large pot over medium heat and bring to a boil. Stir often while sugar melts.

Add corn mixture to the pot. Bring to a boil, stirring often, and reduce heat to low. Simmer on low for 15 minutes.

Make a slurry by whisking corn starch and water together.

Once relish has simmered for 15 minutes raise the heat to medium and stir in the corn starch slurry.

Stir constantly while mixture thickens slightly.

Jar and seal. Once the jars are cool place in the refrigerator.

This is a refrigerator relish. It'll last about 3 months but must be kept refrigerated before and after opening. (Makes approx. 2 L)