

CHEF GARCIA'S CORN AND POBLANO DIP

Notes

Ingredients

6 ears of corn, husked
4 poblano chili peppers
3 scallions, thinly sliced
1 garlic clove, finely grated
8 oz. crème fraîche/Greek natural yogurt
8 oz. sour cream
1 tablespoon fresh lime juice
1/4 cup sharp cheddar
1/4 cup mozzarella cheese
3 tablespoons hot sauce, plus more for serving
Kosher salt and freshly ground black pepper
Pork rinds or corn chips

Procedure

Prepare a grill for medium-high heat.

Grill corn, turning occasionally, until well charred, 10–12 minutes. Cut kernels from cobs and place in a large bowl.

Grill peppers, turning occasionally, until skins are blackened, 12–15 minutes.

Transfer peppers to a small bowl, cover with plastic wrap, and let steam 15 minutes.

Preheat oven to 450°.

Remove skin, stems, and seeds from peppers; chop flesh into 1/4" pieces. In a sauté pan, cook the onions and garlic until translucent (3 min), add the lime juice, sour cream and crème fraîche (natural Greek yogurt), then add both cheeses (cheddar and mozzarella). Serve with pork rinds or corn chips.

LEMON CHICKEN PASTA

Notes

Ingredients

makes 2 servings
2 boneless, skinless chicken breasts
1 red & 1 green bell pepper, julienned
1 onion, julienned
2 garlic cloves, minced
1 lemon, halved
½ cup dry white wine
2 tbsp of butter
Salt & pepper to taste

Procedure

Boil pasta until al dente

Heat butter in a large sauté pan over medium-high heat

Sear chicken and peppers

Add lemon and garlic and reduce heat

Add 1 cup of water and simmer on low heat

Remove chicken from heat when internal temperature reaches 160 °

Let sit 1-2 minutes

Serve over pasta

Finish with grated parmesan

Enjoy!



CHEF CALVO'S CORNBREAD STUFFING

Notes

Ingredients

1/4 cup canola oil
1/2 cup bacon, thinly sliced
1 pound andouille sausage, diced
1 cup yellow onion, minced
1 cup green onion, minced
1/2 cup celery, minced
1/2 cup green bell pepper, minced
3 tablespoons garlic, minced
1 tablespoon jalapeño, minced
1 cup green apple, small dice
1/2 cup dried cranberries
6 1/2 cups corn bread, crumbled
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon cayenne
5 cups chicken broth
6 tablespoons melted butter

Procedure

Preheat the oven to 425°F.

In a large skillet, add canola oil and bacon. Cook over medium high heat for 3-5 minutes until bacon renders fat. Add sausage. Stir.

Add onions, peppers, garlic and jalapeño. Cook just until onions become translucent, about 5 minutes.

Add diced apple and cranberries. Set aside.

In a large bowl, add cornbread crumbs and mix. Season with salt, pepper and cayenne.

Moisten with stock and butter.

Place in a baking pan.
Bake for 45 minutes or until edges and top begin to brown.



GRANDMA'S MAC AND CHEESE

Notes

Ingredients

3 tablespoons of plain dry breadcrumbs
1 teaspoon extra-virgin olive oil
1/4 teaspoon paprika
1 3/4 cup whole milk, divided
3 tablespoons all-purpose flour
2 cups grated extra-sharp Cheddar cheese (6 oz)
1 cup fontina cheese
1/8 teaspoon ground nutmeg
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
8 oz. elbow macaroni or penne

Procedure

Put a large pot of lightly salted water onto boil.

Preheat oven to 350°F.

Coat an 8-inch square (2-quart) baking dish with cooking spray.

Mix breadcrumbs, oil and paprika in a small bowl.

Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in fontina cheese, nutmeg, salt and pepper.

Cook pasta until al dente, or until not quite tender. It will continue to cook during baking. Drain and add to the cheese sauce; mix well. Spread the pasta mixture in the prepared baking dish. Sprinkle with the breadcrumb mixture. Bake until bubbly and golden, 25 to 30 minutes.



NUTRIOLICIOUS MUFFINS

Notes

Ingredients

1 1/2 cups flour (mix 50/50 whole wheat and white or use whole wheat pastry flour, for fiber)
3/4 cup sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/3 cup unsweetened applesauce (takes place of oil)
1 egg
1 cup fresh blueberries
1/3 cup milk or non-dairy alternative

Procedure

Preheat oven to 400° F (200° C).

Grease muffin cups or line with muffin liners.

Combine 1 1/2 cups flour, 3/4 cup sugar, 1/2 tsp salt, 2 tsp baking powder.

Place apple sauce into a 1 cup measuring cup; add the egg and enough milk to fill the cup. Mix this with flour mixture.

Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

Cook @ 400 degrees, bake for 20-25 minutes



CHEF CALVO'S CUBAN FLAN

Notes

Serves 8

This cuban flan recipe appears courtesy of Chef Calvo, and was originally published in her third cookbook, #MaximumFlavorSocial: Food, Family & Followers.

Ingredients

1 whole egg
5 egg yolks
1 (12 oz.) can evaporated milk
Pinch of salt
1 can (14 oz.) sweetened condensed milk
1 teaspoon pure vanilla extract

Procedure

Make your favorite caramel recipe in a saucepan, then pour into the bottom of a casserole dish. As you prepare the custard, the caramel will cool.

In a separate bowl, using a whisk, beat the 1 whole egg and 5 egg yolks together.

Add the evaporated milk and sweetened condensed milk to the eggs and mix together.

Add the vanilla extract and the pinch of salt.

Pour the custard mixture into the casserole dish over the hardened caramel. Place your flan on a baking pan and fill with hot water to about halfway up the sides.

Bake in a pre-heated 350-degree oven for 45 minutes. Turn off the oven and let set for another 15 minutes. Remove from the oven and the water bath and let cool. Run a butter knife around the outside edge of the flan. Place a plate large enough to handle the liquid caramel over the flan and invert.

Chill the flan for at least an hour before serving.

