

Heirloom Tomato and Sweet Corn BLT

The layered flavors in this BLT will knock your socks off. A hit at the Minnesota Farmers Union booth at the Minnesota State Fair, the Heirloom Tomato and Sweet Corn BLT left food critics and state fair goers singing its praises far and wide. The Sweet Corn Chipotle Coulis and Sunny Seed Pesto sauces can be used to jazz up any number of dishes, and both keep well in the fridge. Yields: 8 sandwiches

INGREDIENTS:

Sweet corn chipotle coulis:

3 small ears of corn, grilled and cobbied (2 cups of corn)
 1/3 cup heavy cream
 1/3 cup coconut milk
 2 small dehydrated chipotles, rehydrated in water
 salt, to taste
 pepper, to taste

Sunny seed pesto:

1 1/2 cups basil leaves, packed and rough chopped
 1/2 lemon, zest and juice scant
 3 tablespoons garlic cloves, rough chopped
 1/3 cup sunflower seeds, toasted and cooled
 2/3 cup Parmesan, shredded
 salt, to taste
 pepper, to taste
 3/4 cup sunflower oil

PREPARATION:

Sweet corn chipotle coulis:

In a sauce pot mix corn kernels with heavy cream, coconut milk, and chipotles. Heat slowly over low heat; stop cooking when mixture reaches a soft rolling boil. Purée with an immersion wand or food processor until corn mixture is thicker and spoonable. Add salt and pepper, to taste. Leftover sweet corn chipotle coulis makes a fabulous dip for corn chips or stirred into mayonnaise or soups.

Sunny Seed Pesto:

Roughly chop basil with a knife. Add basil to a food processor or blender and briefly blend with lemon juice, zest, and garlic. Add sunflower seeds, Parmesan, salt, and pepper together until coarsely blended. Stream in oil until pesto is thinned and ingredients are thoroughly combined. Taste and correct seasonings with salt and pepper.



Photo by Katie Cannon

RECIPE PROVIDED BY:

Chef Marshall Paulsen and Owner Tracy Singleton

Birchwood Café in partnership with Hmong American Farmers Association for the book "The Farmer and the Chef: Farm Fresh Minnesota Recipes and Stories" by Minnesota Cooks.

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INGREDIENTS:

Pesto mayo:

½ cup sunny seed pesto
½ cup mayonnaise
salt, to taste
black pepper, to taste

PREPARATION:

Pesto mayo:

Use a whisk to mix ingredients together.

To assemble:

16 slices bread
2 pounds thick cut bacon slices,
cooked
crisp lettuce leaves
2-3 heirloom tomatoes, sliced
sweet corn chipotle coulis
pesto mayo

To assemble:

Toast bread, then spread 1 ounce sweet corn chipotle coulis on each of eight slices. Top each with 2-3 lettuce leaves, 2-3 bacon slices and 2 tomato slices. Spread 1 ounce pesto mayo on each of the remaining slices of bread and place atop the sandwiches.



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