



THE SUSTAINING MEMBERS RECIPE DECK

SUMMERTIME EDITION

a special gift for those who support us monthly



INGREDIENTS

- 4 ears corn, shucked
- ¼ cup melted butter
- ¼ cup
- mayonnaise
- ½ cup grated
- cotija cheese
- 4 wedges lime (Optional)



INSTRUCTIONS

1. Gather all ingredients.
2. Preheat an outdoor grill for medium-high heat.
3. Grill corn on the preheated grill until hot and lightly charred all over, 7 to 10 minutes.
4. Roll corn in melted butter, then spread evenly with mayonnaise.
5. Sprinkle with cotija (or Feta) cheese.
6. Serve with lime wedges

[Click here to learn how to make Esquites, or Elote salad](#)



Mexican Corn on the Cob (Elote)

adapted from allrecipes.com



4 servings



20 minutes

Elote is a highly popular Mexican variation of corn on the cob sold by street vendors. Another dish, nearly as popular is Esquites. Esquites is Elote salad, made by cutting the roasted kernels from the cob to mix with garlic, mayonnaise, cheese, lime, and chile. If you enjoy the roasted corn flavor, add a few extra ears whenever you grill. After grilling, cut the kernels from the cobs to use in many wonderful salad, soup, enchiladas, and salsa recipes, some of which are included in this publication. If grilling is not an option for you, another way to prepare roasted corn kernels is to cut them from the fresh cob, before cooking, then cook them in a cast iron skillet or wok in a little vegetable oil over medium heat for 10 to 15 minutes until they caramelize and start to char. If you hear popping sounds, they are done. Leftover roasted corn also freezes well. Let it cool completely, cut the kernels from the cob and freeze them in small freezer bags. Thaw and add directly into soups or salads for later.

Client Quote

“I would have to take out a loan with a loan shark to eat what I get from here. My family and I rely on this pantry for all of our fresh food.” -Mary, NW Tower pantry recipient.



Calabacitas

adapted from mexicanplease.com

Perfect fresh summer vegetable combination to use as side dish, taco ingredient, or soup base.



4 servings



30 minutes

Ingredients

- 1.5 lbs. zucchini squash (2 mid-sized)
- 1 small onion
- 3 garlic cloves
- 1 jalapeno (remove the seeds)
- 3 plum tomatoes (roasted)
- 2 cups fresh corn (roasted, fresh, or canned - optional) cut from the cob
- 1 teaspoon Mexican oregano
- 3/4 teaspoon salt (plus more to taste)
- freshly cracked black pepper
- Cotija cheese (optional)
- freshly chopped cilantro (optional)
- olive oil

Calabacitas can also be made into a fine [vegetarian soup](#).

Click [here](#) to find out how:



Directions

1. Roast the tomatoes and corn on the cob in a 400F oven or on the grill for 15-20 minutes, or until you need them. If oven roasting, use any juices left to add into the finished Calabacitas.
2. Finely chop a small onion and get it cooking in some oil over medium heat. Let it cook until it's starting to brown, approx. 7-10 minutes. Add three minced garlic cloves and cook for 30-60 seconds.
3. Take a couple spoonsful of the onion-garlic mixture from the pan and add it to the blender -- this will eventually be combined with the roasted tomatoes.
4. Cut the zucchinis up into 1/4" sized pieces. Add to the onion-garlic mixture in the pan, along with 3/4 teaspoon salt, freshly cracked black pepper, and 1 teaspoon Mexican oregano. If using fresh corn kernels, add now. If using canned corn, wait until after zucchini is cooked tender, to add. Stir well and let it saute for a few minutes as you put the tomato mixture together.
5. Cut the jalapeno into quarters. Add the roasted tomatoes to the blender along with 1/4 of the jalapeno. (There should also be a couple spoonsful of the onion-garlic mixture in the blender, and add what juice is left from the oven roasting). Combine well and taste. Add additional slivers of the jalapeno according to your heat preference. "I used a larger jalapeno for this batch and only needed half of it."
6. Add the tomato mixture back to the saucepan and let the zucchini simmer in it for a few more minutes or until the zucchini is tender, but still a little firm -- this batch cooked for a total of 7-8 minutes. If using canned corn, drain, and add it now.
7. Take a final taste for seasoning. May need salt.
8. Serve immediately with your choice of garnish. Cotija cheese and freshly chopped cilantro are good options.
9. Store leftovers in an airtight container in the fridge where they will keep for a few days or freeze.

Client Quote

Thank you for everything! You folks are awesome! My tummy is satisfied for the first time in 5 & 1/2 years. I am more than grateful!" – Preston's Pantry Client

INGREDIENTS

- 2 cups corn kernels boiled or roasted (optional)
- ½ cup diced red onion
- 1 cup peeled, diced jicama (substitute turnip or radish)
- ½ cup raw or roasted (optional), diced red bell pepper
- 1 cup fresh cilantro leaves, chopped 1 lime, juiced and zested
- Cayenne pepper, to taste
- Ground black pepper
- Salt, to taste
- 6 (4 ounce) grilled tilapia fillets
- 2 tablespoons olive oil
- 12 white warm corn tortillas
- Sour cream, to taste

INSTRUCTIONS

1. Preheat grill for high heat.
2. Grill corn on the cob and red peppers (optional)
3. In a medium bowl, mix together corn, red onion, jicama, red bell pepper, and cilantro. Stir in lime juice and zest.
4. In a small bowl, combine cayenne pepper, ground black pepper, and salt.
5. Brush each fish filet with olive oil, and sprinkle with spices to taste.
6. Arrange filets on grill grate, and cook for 3 minutes per side. For each fiery fish taco, top two small, white corn tortillas with fish, sour cream, and corn salsa.



Fish Tacos & Corn Salsa

adapted from allrecipes.com



6 servings



40 minutes

The corn salsa portion of this recipe does not necessarily call for grilled corn or peppers; however, why not throw them on, since the fish will be grilled anyway. Either way, this corn salsa makes a perfect pairing with any grilled fish. Halibut, tilapia, mahi mahi, snapper, cod, bass, and cat fish will all work for this recipe. Fish cooks fast on a grill. Be careful not to overcook, 3 to 4 minutes for most fish filets will be fine.

[Click here to watch](#)





Summer Corn Soup with Fresh Herbs

adapted from allrecipes.com

INGREDIENTS



4 servings



45 minutes

DIRECTIONS

- 4 tablespoons unsalted butter
- 1 heaping cup chopped shallots
- 6 cups low-sodium chicken broth, best quality
- 6 ears fresh corn (white or yellow are both fine, but yellow makes for a prettier soup)
- 1¼ teaspoons kosher salt, plus more to taste
- ½ teaspoon freshly ground black pepper
- 1½ tablespoons finely chopped fresh basil, for garnish
- 1½ teaspoons finely chopped fresh thyme, for garnish

1. Remove the husks and silks from the corn. Set one ear of corn aside. Use a knife to cut the kernels off of the remaining 5 cobs, then break the scraped cobs in half. Set aside.
2. Melt the butter in a large pot over medium-low heat. Add the shallots and cook, stirring often, until soft and translucent, 8-10 minutes. Add the chicken stock, corn kernels, broken cobs, whole ear of corn, salt and pepper to the pot. Bring to a boil, then reduce the heat to medium-low and cook uncovered for 10 minutes. Remove the whole ear of corn and set aside to cool. Cook the soup for 10 minutes more, then remove the broken cobs from the pot and discard.
3. Off the heat, use a hand held immersion blender to purée the soup until very smooth. It will take a few minutes. (Alternatively, let the soup cool slightly and purée it in batches in a blender. Be sure to crack the lid or remove the center cap to allow steam to escape and cover with a dishtowel so it won't splatter). Place a fine mesh sieve over a large bowl and pass the soup through, using a back of a ladle to push the soup through in circular motions. Discard the fibers and bits of kernels in the sieve. Return the strained soup to a clean pot. It should have a creamy consistency. If it's too thick, thin it with water or chicken stock; if it's too thin, cook over medium heat until thickened.
4. Use a knife to cut the cooked kernels off of the cooled whole cob, then add the kernels to the soup along with the herbs. Taste and adjust seasoning with salt and pepper (if necessary, you can add a bit of sugar to bring out the corn's natural sweetness). Ladle the soup into bowls and garnish with tiny sprigs of fresh basil and thyme, if desired. Serve hot or cold.
5. Note: If you have a high-powered blender, like a Vitamix, you may be able to skip the step of straining the soup.
6. Note: Get fresh-picked corn and cook it as soon as possible. As soon as it is picked, corn starts converting sugar to starch which reduces sweetness. If you're not going to cook it right away, store it in the refrigerator as it slows down the conversion process.
7. Freezer-Friendly Instructions: The soup can be frozen for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot.



Client Quote

"I truly rely on what Lift UP gives me to make it through the month. I am so grateful. If you guys didn't do what you do, I honestly don't think I would have made it." - Clara, Vibrant Delivered Food Box recipient

INGREDIENTS

- 8 ears fresh corn in husks
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 red onion, chopped
- 1 cup chopped fresh cilantro
- ½ cup olive oil
- 4 cloves garlic, minced
- 3 limes, juiced
- 1 teaspoon white sugar
- salt and pepper to taste
- 1 tablespoon hot sauce

INSTRUCTIONS

1. Place the corn in a large pot with enough water to cover, and soak at least 15 minutes.
2. Preheat grill for high heat. Remove silks from corn, but leave the husks.
3. Place corn on the preheated grill. Cook, turning occasionally, 20 minutes, or until tender. Remove from heat, cool slightly, and discard husks.
4. Cut the corn kernels from the cob, and place in a medium bowl. Mix in the red bell pepper, green bell pepper, and red onion.
5. In a blender or food processor, mix the cilantro, olive oil, garlic, lime juice, sugar, salt, pepper, and hot sauce. Blend until smooth, and stir into the corn salad.



Southwestern Roasted Corn Salad

adapted from allrecipes.com



8 servings



55 minutes

Many grilled or roasted corn recipes call for the corn to be soaked in water for 15 to 30 minutes before placing them on a preheated grill. Some others say this step is not necessary. If your corn is very fresh, this step can be skipped. Soaking the corn in water allows drying husks the moisture needed to help steam kernels in the cooking process and may keep the corn from burning.

It was once thought that freshly picked corn is sometimes sweeter than corn that has been sitting for a few days, because corn sugar begins to turn to starch as soon as it is harvested. Although this may still be true for some varieties of corn, it no longer applies to most of the hybrid corn varieties sold in the grocery stores. Many of the hybrids grown now stay sweet for much longer. If unsure about the variety, it is always best to cook and eat fresh corn very soon after purchase.



Jeff, Lift UP Gleaner, picking up food from one of our gleaning partners to distribute to neighbors.



Raw Corn Salad

adapted from allrecipes.com



4 servings



20 minutes

INGREDIENTS

- 2 ears corn, kernels cut from the cob
- 1 pint cherry tomatoes, halved
- 1 cucumber, halved lengthwise and sliced
- 1 avocado, diced
- 1 very small sweet onion or a portion of, finely chopped
- ¼ bunch fresh cilantro, chopped, or to taste
- 1 green onion, green parts only, thinly sliced
- 1 drizzle extra-virgin olive oil
- 1 lime, juiced
- salt and ground black pepper to taste

DIRECTIONS

1. Mix corn kernels, tomatoes, cucumber, avocado, onion, cilantro, and green onion together in a large bowl.
2. Add a drizzle of olive oil. Squeeze lime juice into the bowl and season with salt and pepper.

This corn salad is quite different than the Southwestern Roasted Corn Salad (prior recipe). It is much more mellow and would pair well with shrimp or seafood. In fact, salad shrimp might even be added to the salad or served on the side.



Client Quote

“I would have to take out a loan with a loan shark to eat what I get from here. My family and I rely on this pantry for all of our fresh food.” Mary, NW Tower pantry recipient.

INGREDIENTS

- 2 (10 ounce) packages frozen corn kernels, thawed or use fresh kernels cut from the cob.
- 1 cup heavy cream
- 1 teaspoon salt, or to taste
- 2 tablespoons granulated sugar
- ¼ teaspoon freshly ground black pepper, or to taste
- 2 tablespoons butter
- ½ cup whole milk
- 2 tablespoons all-purpose flour
- ¼ cup freshly grated Parmesan cheese, or more to taste

INSTRUCTIONS

1. Combine corn, heavy cream, sugar, butter, salt, and pepper in a skillet over medium heat. Cook, stirring occasionally, until butter has melted, 3 to 5 minutes.
2. Meanwhile, whisk together milk and flour in a small bowl until smooth.
3. Add milk mixture to the skillet and continue to cook, stirring constantly, until sauce is thickened and corn is cooked through, about 4 minutes.
4. Remove from the heat, and stir in Parmesan cheese until melted. Serve hot.



Creamed Corn Like No Other

adapted from allrecipes.com



4-6 servings



15 minutes

Creamed corn is a comfort food for many. Served with fried chicken and coleslaw, it is one way to replace potatoes. While eating creamed corn, it may also comfort one to know that corn does contain many of the B vitamins as well as vitamins C, E and K and minerals like potassium and magnesium.

Although creamed corn originated with Native American cuisine, it is most commonly eaten today in the Midwestern and Southern United States. There is also an old recipe called "Chinese Pie" having nothing to do with Chinese food; but invented more than 100 years ago by Chinese immigrants to Canada using ingredients found in their new home. Chinese Pie lives on today in French Canada as a family favorite for some and can be put together by including a layer of creamed corn.

[Click Here to Learn How to Make Chinese Pie](#)



LIFT UP

FOOD BRINGS US TOGETHER



Turkey Burgers with Spicy Corn Salsa

adapted from Bonappetit

INGREDIENTS



6 servings



45 minutes

DIRECTIONS

Turkey Burgers

- 1/2 pounds ground turkey
- 1/2 cup finely crushed tortilla chips (crush in resealable bag with mallet)
- 6 tablespoons chopped fresh cilantro
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon ground black pepper

Spicy Corn Salsa

- 6 ears sweet corn
- 2 poblano peppers
- 2 jalapeno peppers, diced
- 1/2 red onion, diced
- 1/3 cup chopped fresh cilantro
- 1 tablespoon lime juice
- 1 pinch salt and ground black pepper to taste

1. Remove seeds from peppers.
2. Combine turkey, crushed chips, 4 tablespoons cilantro, chili powder, salt, cumin, and pepper in large bowl. Using fork, mix together. Form 6 patties, each about 3 and 1/2 inches in diameter.
3. Preheat an outdoor grill (medium-high) heat and lightly oil the grate.
4. Grill (optional) corn and poblano peppers on the preheated grill until corn has charred and peppers have softened, 12 to 15 minutes. Remove from the grill. Let cool.
5. Grill burgers until cooked through, about 5 minutes per side. Divide among plates.
6. Cut corn off cobs and dice poblanos; place into a bowl. Add jalapenos, onion, cilantro, lime juice, salt, and pepper and mix together. Spoon salsa over burgers and serve.



Client Quote

"I'm so grateful for your service! Thank you for the supplemental drinks! I have difficulty getting nutrients from food alone. You are a lifesaver - literally! I appreciate the recipes as well. Lift UP ROCKS! Keep saving lives and thank you for feeding all!"

-St. Francis Apartments Delivered Food Box recipient



Donation from Diestel Turkey

INGREDIENTS

For the berries:

3 cups strawberries - cleaned and sliced
1 cup blueberries
Juice of half a lemon
2 tablespoons granulated sugar

For the biscuits:

1 cup Masa Harina corn flour
1 1/4 cups all purpose flour
1 1/2 tablespoons granulated sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1 and 1/2 cups heavy cream. Save the last 1/2 cup from a pint container for the whipped cream.
1/3 cup of milk in addition to cream (to moisten dough enough to drop by large spoonsful).
1 1/2 teaspoons turbinado sugar or brown sugar for sprinkling

For the whipped cream:

1/2 cup heavy whipping cream (left from pint container for biscuit dough).
1/2 cup sour cream
1 - 3 Tablespoon powdered sugar
1/2 teaspoon pure vanilla extract

INSTRUCTIONS

Combine the berries in a large bowl with the lemon juice, sugar, and vanilla. Toss and let sit out at room temperature while you prepare the biscuits and whipped cream.

Preheat oven to 400°F. Whisk together the masa, flour, sugar, baking powder, baking soda, and salt in a large bowl. Make a well in the center and stir in 1 1/4 cups (this is about 3/4 of a pint container - there will be enough left - 1/2 cup - for the whipped cream topping) heavy cream until incorporated. In addition to the cream, add enough milk until dough is wet enough to drop by large dinner spoonsful (about 1/4 cup) onto a parchment lined or lightly oiled baking sheet. Drop them next to each other. Sprinkle with sugar. Bake for 15-18 minutes, until lightly golden brown.

Combine the heavy cream and sour cream in a large bowl. Use a hand mixer to whip it until it thickens. Add the sugar and vanilla. Continue to whip it until it reaches soft peaks.

Cool, then slice cakes, top with berries and whipped cream.



Masa Berry Shortcake

adapted from Pat Jinich



6-8 servings



45 minutes

This recipe incorporates Masa Harina, a fine ground corn flour, into the shortcake. The corn flavor contributes a greatly to the nuanced flavors of the berries, lemon, and mixed sweet and sour cream whipped topping. For fullest flavor, it is important to let the berries sit out on the counter while preparing the shortcakes and cream. These shortcakes are a biscuit- type dough calling for heavy cream rather than butter. The cakes can be rolled out and cut like typical biscuits, or for drop biscuits, just add the extra milk called for in the recipe, and drop by large dinner spoonsful onto parchment paper.



Natasha, Supper Club Coordinator, getting ready to teach at Hamilton West

