Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

No Cream Creamed Corn

½ Cup Unsweetened Almond Milk
½ Cup Vegetable Stock
3 Cups Corn Kernels, Divided
1 ½ Tsp Honey
Sea Salt and Freshly Ground Pepper to Taste
Lots of Minced Dill and Parsley for garnish

Step One
Combine the milk, stock, 2 cups of corn, and 1 ½ Tsp of honey in the blender. Add the sea salt and pepper to taste. Blend until the mixture is a rough puree.

Step Two
Combine the remaining cup of corn kernels with the corn purée in a sauté pan and heat on the stovetop over medium for 5 – 10 minutes or until warm. Remove from the stove and stir in the minced herbs.

2 Kitchen Scoop

Dill is one of the herbs I love - that is often forgotten! Bright, fresh, grassy, and aromatic this herb is a perfect match for gorgeous summer veggies like this corn. But not only does it bring flavor to the table, Dill is packed with nutrition! Native to Southern Russia, Western Africa and the Mediterrean, Dill contains both monoterpenes and flavonoids. Just like parsley, dill's volatile oils qualify it as "chemoprotective", a quality that can help it neutralize carcinogens like cigarette smoke.

3 Clever Idea

Think creatively when using dill: Potato salad, canned tuna, coleslaw, cucumbers, fresh shrimp, tomatoes and green salads all benefit from a healthy sprinkle of freshly chopped dill.

4 Cheers!

MUGA Rioja Rosado (Rose)
Rioja Spain

About $13.00

Rose for any warm weather weekend is perfect. A blend of three spanish grapes, Garnacha, Viura and Tempranillo makes this wine an easy drinker and a wonderful food wine for creamy corn. Not only is this wine a stunning salmon color in your glass, you'll enjoy a fresh crisp aroma of berries, peaches and other fresh fruit with a taste of green apples and tropical fruit. Spanish wine is SUCH a great bargain - quality for a super price - this zesty pink is certainly no exception.

Nancy Waldeck nwaldeck@tasteandsavor.com