

Fresh Corn Salad

basil + mustard + microgreens

Yield: 4 servings

Ingredients

3 ears of corn (about 2 cups of kernels, or 12 oz)

½ cup diced red onion (2.5 oz)

½ cup kale microgreens (0.5 oz)

¼ cup basil chiffonade (0.3 oz) (see Kayla's notes)

2 tablespoons champagne vinegar

1 tablespoon honey

½ tablespoon Dijon mustard

1 cup grapeseed oil

1/4 teaspoon salt

1/8 teaspoon black pepper

Directions

Corn:

Remove the husks from the corn. In a pot of salted, boiling water, blanch the corn for 3 minutes. Remove the corn, and place it in an ice bath (see Kayla's notes).

Vinaigrette:

Meanwhile, whisk together the vinegar, honey, mustard, salt, and black pepper. Slowly drizzle in the grapeseed oil, continuously whisking until incorporated. Add the red onion, microgreens, and basil to the vinaigrette. Set the mixture aside.

To serve:

When the corn has cooled, cut the kernels off of the cob. Add the corn to the vinaigrette and season with salt and pepper to taste.



Kayla's Notes

An ice bath is a combination of ice and water used to halt the cooking process. Blanching vegetables in boiling water and shocking them in ice water allows the vegetable to retain its vibrant color and firm texture.

Chiffonade is a technique used to cut basil into even, thin strips. Simply stack a few leaves, tightly roll them up, and slice perpendicularly to the roll. Rock your knife back and forth in order to not crush the leaves.