

Guest Blog Recipe

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Tomato-Corn Pudding with Leeks and Cubanelle Peppers

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Ah, sweet corn. Nothing says summer quite like it. It's commonly enjoyed boiled, slathered in butter and eaten messily with your hands straight off the cob. But if you grow tired of picking kernels out of teeth or run short on napkins, give this—one of our favorite sweet corn preparations—a try.

In all honesty, this is really more of a casserole than a pudding, but my grandma always called it corn pudding so we'll stick with that. This works well paired with grilled shrimp or pork but is hearty and delicious enough, I think, to be eaten as a stand alone main course.

In this recipe, we used the corn from last week's pick-up and this week's tomatoes from AT Buzby Farm. The juicy-sweet acidity of a cooked tomato is a beautiful compliment to corn. Add in your leeks from Marolda Farms to bolster the savoriness and the cubanelle peppers (also from last week's pick-up) for a little peppery zest.

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients:

- 4 ears of sweet corn, shucked and cut off cob
- 1 large leek, sliced
- 1 cubanelle pepper, diced
- 1 tomato, diced
- 1 bunch (about 2 Tbl) fresh thyme, chopped
- 1 Tbl fresh parsley, chopped
- 1 Tbl fresh chive, chopped



- 2 egg whites
- 1 cup whole milk
- Salt and pepper to taste



Directions:

- In a large saute pan, sweat leek, cubanelle and thyme in olive oil over medium-high heat for about five minutes.
- After the leeks and pepper become tender, add corn kernels and saute for two or three minutes.
- Season with salt and pepper, then drain off any excess liquid using a fine mesh strainer or colander.
- Transfer to a large mixing bowl and stir in diced tomato.
- Brush a 7" x 9" casserole dish with olive oil and spread vegetables evenly inside it.
- In small mixing bowl, whisk together egg whites and milk and pour over the corn.
- Cover and bake at 400 degrees for 25 or 30 minutes or until the eggs have set.
- Allow to cool, and garnish with fresh parsley and chive.

Our guest blog comes to us from local linecook and blogger Adam Eshleman, and his girlfriend Naomi Huober. At home, they cook together using their favorite ingredient: local, organic produce from their Greensgrow CSA. The blog is an homage to all things fresh and local. A resource to those looking to get the most from their CSA's. He does the writing, she does the photography, and together they create [UNDERCOOKED](#).