MEXICAN STREET CORN

INGREDIENTS

8 ears sweet corn

1/2 cup sour cream

1/2 cup mayonnaise

1 lime (juiced)

1 garlic clove

1 tsp sea salt

1/4 cup Parmesan cheese, grated

3/4 cup queso fresco or cotija cheese, crumbled

1/3 cup cilantro, chopped

2 tsp chili powder

PROCEDURE

Preheat grill to medium heat.

Roast corn in husk for about 15 minutes, until sweet and tender.

Husk the corn toward the end of cooking and char corn directly on the hot grill for extra flavor and color, about 3 minutes.

Combine the sour cream, mayonnaise, and lime juice.

Grate the garlic into the mixture.

Add the sea salt and whisk to combine.

Spread the mayo mixture onto a flat plate.

Combine the Parmesan cheese and queso fresco on a separate flat plate.

Roll the corn in the mayo mixture to completely coat each ear. Do the same in the cheese mixture and set the corn aside on a platter.

Top the corn with chopped cilantro and a sprinkle of chili powder.

Oven Roasted Corn Variation

Trim the top silk/tassels off the corn, but leave the husks on.

Place corn cobs directly on the oven rack in a 350 F oven, and allow to roast until husks are dried out and golden brown, about 30 minutes.

Remove from oven, cool for a few minutes until you're able to husk, then proceed with the recipe as above

NATURAL HEALTH