



GOVERNOR MOORE'S

*Buy Local*  
**Cookout!**



## *2025 Maryland's Best Cookbook*



Curated Maryland Recipes provided by the Maryland's Best program and created by Maryland chefs and farms.



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# Birria Walking Taco with Cilantro-Lime Crema & Green Tomato Salsa Verde

SERVINGS: 8 TO 10 SERVINGS

## Ingredients

### Birria:

- 3lbs of beef (short rib, chuck, oxtail, or a combination of the three all work great!), cut into 4-6oz pieces
- 1lb of lamb shoulder, cut into 4-6oz pieces
- 5 Tbsp. of bacon fat
- 5 ea. Ancho chile, seeds removed
- 5 ea. Guajillo chile, seeds removed
- 5 ea. Chile de Arbol, seeds removed
- 3 cups of chicken stock
- 3 cups Pherm Brewing Sparkle Pilsner
- 3 Tbsp. kosher salt
- 6 ea. of bay leaves
- 1 ea. of cinnamon stick
- 2 tsp. of coriander seed
- 2 tsp. of black peppercorn
- 1 tsp. of Cumin seed
- 10 oz. of chopped tomato
- 14 oz. of chopped onion
- 12 cloves of garlic
- 3 Tbsp. of distilled white vinegar
- 2 Tbsp. of hot sauce
- 10 oz. of corn chips, for serving

## Directions

### Birria:

- Preheat oven to 300°F (150°C).
- Bring ~12 oz. of water to a boil.
- While the water is heating, trim stems and remove seeds from dried chiles. Place chiles in a heatproof bowl.
- Pour boiling water over chiles, cover with plastic wrap, and steep for 15 minutes or until soft. Drain and discard the water.
- Lightly toast coriander seeds, black peppercorns, and cumin in a dry pan until fragrant. Set aside.
- Tie bay leaves and cinnamon stick together with butcher's twine (or wrap in cheesecloth for easy removal later).
- In a large Dutch oven, heat bacon fat over medium-high heat. Working in batches, sear beef and lamb until deeply browned on all sides. Set the meat aside.
- In the same pot, add onions and tomatoes. Sauté until softened.
- Deglaze the pot with chicken stock, scraping up all browned bits from the bottom.
- In a high-speed blender (in batches if needed), blend the rehydrated chiles, toasted spices, sautéed onions and tomatoes, garlic, salt, vinegar, hot sauce, and deglazing liquid until very smooth.
- Return seared meat to the Dutch oven and pour in the chile sauce. Stir in beer. Add the tied bay leaves and cinnamon stick.
- Cover with a lid and braise in the oven. After 2.5 hours, remove the bay leaves and cinnamon stick, then continue braising for an additional 1.5 to 2 hours, or until the meat is very tender and shreds easily.
- Remove meat from the pot and shred with forks.
- Strain remaining braising liquid through a fine mesh strainer. Add about 6-8 oz. of the strained liquid back into the shredded beef. (Reserve extra liquid for quesabirria tacos or another use.)

\*recipe continues on next page

### Featured Local Items/Producers:

Beef and lamb: **Roseda Farms** (Baltimore County)

Bay leaves, Cinnamon, Coriander, Peppercorn, and Cumin:

**McCormick & Company** (Baltimore County)

Tomato, Onion, Garlic: **Moon Valley Farm** (Frederick County)

Death by Chocolate hot sauce: **Black-Eyed Susan Spice Company** (Frederick County)

Chicken Stock and Bacon: **Springfield Farm** (Baltimore County)

Submitted by: Executive Chef Matthew Lego, LEO Annapolis





# Birria Walking Taco with Cilantro-Lime Crema & Green Tomato Salsa Verde cont.

SERVINGS: 8 TO 10 SERVINGS

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## Ingredients

### Lime Crema:

- 1 cup of plain yogurt
- 3 Tbsp. mayonnaise
- 2 Tbsp. lime juice
- 1 tsp. salt
- 1/4 cup of cilantro, packed tightly
- 2 cloves of garlic

### Green Tomato Salsa Verde:

- 8 oz. of onions, halved
- 4 oz. of jalapeños
- 4-6 oz. of poblanos
- 2 1/2 oz. of cilantro
- 4 cloves of garlic
- 1/4 tsp. of cumin
- 2 tsp. of salt

## Directions

### Cilantro-Lime Crema:

- Combine all ingredients in a high-speed blender.
- Blend until completely smooth.
- Taste and adjust seasoning as needed.
- Serve and enjoy!

### Green Tomato Salsa Verde:

- Roast green tomatoes, jalapeños, poblano pepper, and onion over a grill or under a broiler until deeply charred.
- Allow vegetables to cool slightly.
- Transfer roasted vegetables to a high-speed blender or food processor. Add remaining ingredients.
- Pulse until desired consistency is reached (chunky or smooth).
- Taste and adjust seasoning as needed.
- Serve and enjoy!

### To Assemble the Walking Taco:

- Add a serving of corn chips to a small bowl or chip bag.
- Top with ~2 oz. of birria beef.
- Add your choice of toppings (e.g. Chesapeake Gold cheese, Moon Valley Farm diced onion, cilantro, crema, pickled jalapeños, Black-Eyed Susan Spice Co. hot sauce, lime wedge).
- Enjoy!

### Featured Local Items/Producers:

Salt and Cumin: **McCormick & Company** (Baltimore County)  
Cilantro, Garlic, Onion, Jalapeno, and Poblano: **Moon Valley Farm**  
(Frederick County)  
Yogurt: **Chesapeake Gold Farms** (Cecil County)



*Submitted by: Executive Chef Matthew Lego, LEO Annapolis*





# Blue Catfish Ceviche

SERVINGS: 1 QUART

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## Ingredients

- 1/4 lb. blue catfish fillet, cubed
- 1 ¼ lbs. heirloom tomatoes, chopped
- 1/2 lb. onions, diced
- 1/4 bunch cilantro, diced
- Juice of 2 limes
- 0.4 oz. kosher salt
- 0.01 oz. ground black pepper

## Directions

- Prepare your ingredients by measuring and cutting them up as suggested.
- In a large bowl, mix together the fish and lime juice.
- Once the fish is fully coated in the lime juice, stir in the tomatoes, onions, and cilantro.
- Then add the salt and black pepper, mixing well to incorporate all the ingredients.
- Next, cover the bowl and place the ceviche in the refrigerator for at least 3 hours (or up to 24 hours) so it can chill and marinate.
- When you are ready to serve, you may add more salt, black pepper, or lime juice to taste.

### Notes:

Our freshly made Blue Catfish Ceviche can be served with tortilla chips, crackers, in lettuce cups, or alone with just a fork as a refreshing appetizer.

### Featured Local Items/Producers:

Blue Catfish: **Tilghman Island Seafood** (Talbot County)

Heirloom Tomatoes: **Quarter Acre Farm** (Caroline County)



*Submitted by: Chef Juan Carlos Rosado Cetina, Quarter Acre Farm EATS*



# Crispy Maryland Catfish Sliders with Hot Honey Drizzle

SERVINGS: 6

## Ingredients

- 1 lb Blue Catfish (cut into 2- inch chunks)
- Oil for frying
- 1 Pint of coleslaw
- 6 brioche sliders

### Catfish Breading:

- 1/2 cup of flour
- 1/2 cup of cornmeal
- 2 Tbsp JO Bay Spice

### Hot Honey Drizzle:

- 2 Tbsp finely chopped shallots
- 2 tsp minced garlic
- 4 Tbsp of butter
- 2 oz. of bourbon
- 1/4 cup apple cider vinegar
- 1/2 cup wildflower honey
- 3 Tbsp of Old Bay hot sauce

## Directions

### Hot Honey Drizzle:

- Sauté shallots and garlic in butter until softened
- Add bourbon and cook down for 1 minute
- Add vinegar and reduce for approximately 3 minutes
- Stir in honey
- Remove from heat to cool

### Catfish Sliders

- Heat oil to 350 degrees
- Blend catfish breading
- Toss catfish in breading to coat all sides
- Fry catfish in oil until for approximately 3 minutes on both sides or until golden brown
- Add coleslaw on the bottom of the brioche buns
- Place golden fried catfish on top of coleslaw
- Drizzle with hot honey
- Enjoy

### Featured Local Items/Producers:

Cole Slaw: **Faidley's Seafood** (Baltimore County)

Blue Catfish: **Tilghman Island Seafood** (Talbot County)

Wildflower Honey: **McCutcheon's Apple Products** (Frederick County)

Bourbon: **Tobacco Barn Farm** (St. Mary's County)



*Submitted by: Chef Dayme Hahn, Faidley's Seafood*



# Flank Steak with Blue Cheese Sauce & Watermelon Salad

SERVINGS: 4 SERVINGS

## Ingredients

### Flank Steak:

- 2 lbs flank steak
- 2 cups of Ironmaster Reserve
- 1 Tbsp Denny's beef seasoning
- 2 Tbsp avocado or vegetable oil

### Watermelon Salad:

- 4 cups of watermelon
- ½ cup of red onion
- ½ cup of bronze fennel
- ½ cup of mint
- 1 lime, zested and juiced
- 2 Tbsp olive oil
- Salt & pepper to taste

### Blue Cheese Sauce:

- 1 ½ cups of heavy cream
- 6 oz of black & blue cheese
- Salt & pepper to taste

## Directions

- In a gallon - sized bag add flank steak and red wine. Let it marinate in the refrigerator for at least 1 hour, but overnight is best.
- In a bowl, add watermelon, diced into ½ inch cubes, thinly sliced red onion, and bronze fennel. Add lime juice and zest, olive oil, and salt and pepper to taste. Let it chill in the refrigerator.
- In a heavy - bottomed saucepan, simmer heavy cream over medium - low heat. Cook for 5 - 7 minutes, constantly stirring as it thickens. Turn the heat off once it's reduced by half and crumble in blue cheese. Whisk until smooth.
- Preheat the grill to medium - high heat. Take the steak out of the marinade and pat dry with a paper towel. Rub both sides with avocado oil and Denny's beef seasoning. Place on the grill and cook for 5 minutes, then flip and cook for 5 more minutes. Check internal temperature for desired doneness: rare - 120°, medium rare - 130°, medium - 140°, medium well - 150°, well - 160°. Let rest on a platter and then slice ½ - 1 inch thick.
- Plate watermelon salad, sliced steak. Top the steak with a drizzle of blue cheese sauce and enjoy!

### Notes:

- When cutting flank steak, cut against the grain. Find which way the muscle fibers are going, and cut perpendicular, cutting them short. This will keep your steak tender!
- The longer the watermelon salad and steak marinade, the better the flavor. These are great to prep in advance.

### Featured Local Items/Producers:

Flank Steak: **Hemp's Meats** (Frederick County)

Ironmaster Reserve: **Springfield Manor Winery** (Frederick County)

Wait, What? Sauce Co. Denny's Beef Seasoning: **DennyMikes** (Frederick County)

Watermelon: **78 Acres Farm** (Washington County)

Red onion: **Sassafras Creek Organic Farm** (St. Mary's County)

Bronze fennel & Mint: **Moon Valley Farm** (Frederick County)

Heavy Cream: **Moo Cow Creamery** (Frederick County)

Black & Blue Cheese: **FireFly Farms** (Garrett County)



*Submitted by: Chef Sara Kephart, Sara Kep's Kitchen*



# Grilled Chicken Sausage With Sauteed Peppers & Blistered Tomatoes

SERVINGS: 1 SERVING PER PERSON APPROX. 2 OUNCES

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## Ingredients

- 2 chicken sausages
- 2 juliened sweet bell peppers
- 3 flsp of Olive oil
- 2 cups cherry tomatoes
- 4 sliced garlic cloves
- 1 cup of chicken stock
- 1/4 cup of fresh basil leaves
- Polenta or pasta of your choice

## Directions

- In a cast-iron pan, sauté julienne sweet bell peppers in olive oil for 1 minute
- Add cherry tomatoes and blister for 30 seconds with sliced garlic cloves
- Add chicken stock to the pan
- Add chicken sausage to the saucepan
- Add fresh basil leaves
- Serve over grilled polenta or fresh pasta

### Featured Local Items/Producers:

Chicken Sausage: **MeatCrafters** (Prince George's County)

Cherry Tomatoes, Garlic, Basil:

**Lewis Orchard and Metro Microgreens** (Montgomery County)

*Submitted by: Josh Carin, Your Charcuterie Board*





# 'Her' Crab Soup

SERVINGS: 4 TO 6

## Ingredients

- 4 Tbsp unsalted butter
- 1 small sweet onion, finely diced
- 2 celery stalks, finely diced
- 2 garlic cloves, minced
- 3 bay leaves
- 1/4 cup all-purpose flour
- 1 Tbsp tomato paste
- 4 cups seafood stock (or chicken stock, if preferred)
- 1 cup heavy cream
- 1/2 cup 2% milk
- 2 tsp Old Bay seasoning
- 1/2 tsp paprika
- 1/4 tsp white pepper (or black pepper if needed)
- 1 Tbsp Worcestershire sauce
- 1 tsp sherry vinegar (or a splash of dry sherry)
- 1 lb lump crabmeat, picked over for shells
- Kosher salt, to taste
- Fresh chopped parsley or chives for garnish
- Old Bay Hot Sauce, for serving
- Optional: Crackers

## Directions

Start with your base:

- Melt the butter in a big pot over medium heat. Once it's nice and bubbly, toss in your diced onion and celery. Let that cook down until soft – we're talking about 6 to 8 minutes. Throw in the garlic and bay leaves, stir them around, and give it another minute or two.

Make your roux:

- Sprinkle in the flour and stir. Let it cook for about 2 to 3 minutes. Now add that tomato paste and mix it in good. That's your flavor booster right there.

Bring in the broth:

- Slowly pour in your seafood stock while whisking to keep it smooth. Don't rush it. Let it simmer for about 5 to 7 minutes so it can thicken up just a little bit. You want it velvety, not heavy.

Cream it up:

- Lower your heat. Pour in the heavy cream and 2% milk. Hit it with Old Bay, paprika, white pepper, Worcestershire, and that splash of sherry vinegar. Stir it all together and let it simmer low and slow for 10 minutes. Keep an eye on it – don't let it boil.

Fold in the crab:

- Gently fold in the crabmeat. You want nice chunks in every bite. Let it warm through for about 5 minutes. Taste it. Add salt if it needs it. You'll know.

Serve it up:

- Pull out them bay leaves. Ladle into bowls, top with chopped parsley or chives, and bring out the salted crackers, or cornbread. And listen – don't forget that Old Bay Hot Sauce. It needs to be on the table.

### Featured Local Items/Producers:

Celery, Garlic, Parsley, **Grand View Farm** (Harford County)  
 Crabmeat: **Carnival Crabs** (Harford County)  
 Milk: **Bloom's Broom Dairy** (Harford County)  
 Old Bay Hot Sauce, **McCormick & Company**  
 (Baltimore County)

*Submitted by: Chef Keema Cooks, Keep it Tasteful*





# Memela with Housemade Chorizo, Ferments and Cheese

SERVINGS: 1 THREE-INCH MEMELA (BITE-SIZED PORTION)

## Ingredients

- 2 Tbsp Nixtamalized Rebel maize masa (Maseca can be found at grocery stores)
- Pinch of sea salt
- 1 tsp refried heirloom beans (You can re fry the heirloom beans or buy pre-made ones)
- 1 Tbsp housemade chorizo
- 3-4 strands house-pulled quesillo
- ½ tsp queso fresco
- ¼ tsp fermented cream (you can also substitute creme fraiche)
- ½ tsp fermented or fresh seasonal vegetable garnish

## Directions

- Press ~2 tbsp of nixtamalized masa into a small 3-inch disk using a tortilla press.
- Griddle the memela until golden brown on both sides and cooked through – crisp on the outside, soft inside.
- Spread refried beans onto the cooked memela.
- Add cooked chorizo and gently warm.
- Top with strands of quesillo and allow to melt slightly.
- Garnish with crumbled queso fresco, a small dollop of fermented cream, and a spoonful of fermented vegetable garnish.
- Serve warm.

### Notes

- Every single ingredient in this dish is grown, raised, or produced in Maryland.
- All components are prepared entirely from scratch at the Modern Stone Age Kitchen using ancestral/traditional food processing methods: nixtamalization, fermentation, and nose-to-tail butchery.
- The wild microbes used in the vegetable fermentation are native to Maryland, making this not only a celebration of local farms but also of genuine Maryland terroir.

### Featured Local Items/Producers:

Chorizo: **Langenfelder Pork** (Kent County)

Fermented seasonal vegetable garnish **Lockbriar Farms** (Kent County)

Maize masa & Refried heirloom beans: **Next Step Produce** (Charles County)

Pulled quesillo, Queso fresco & Fermented Cream: **Nice Farms Creamery** (Caroline County)



*Submitted by: Dr. Bill Schindler, Modern Stone Age Kitchen*



# Soft Shell Crab with Succotash

SERVINGS: 1 SERVING

## Ingredients

### Soft Crab and Succotash:

- One jumbo soft-shell crab cleaned
- All-purpose flour / Old Bay (to taste)
- Applewood smoked bacon - julienned Applewood smoked bacon
- 1/8 cup red onion
- 1/8 cup zucchini
- 1/8 cup squash
- 1/8 cup roasted corn
- 1/8 cup lima beans (blanched)
- 1/8 cup green and red pepper combined
- Chopped sage and chervil
- 1/4 cup chicken stock
- 1/4 smoked tomato puree
- 1/2 cup white wine
- 1/2 pound of unsalted butter
- Canola oil
- Kosher salt
- Garlic

### Smoked Tomato Puree:

- Roma tomatoes
- Smoking chips

## Directions

### Prepare Smoked Tomato Puree:

- Soak smoking chips in water, preferably apple and hickory.
- Cut Roma tomatoes in half and season with kosher salt.
- Place tomatoes in a smoker or stovetop smoker. If using a stovetop, cover with aluminum foil.
- Smoke tomatoes for at least 30 minutes until they retain their shape but have a smoked appearance.

### Clean Soft-Shell Crab:

- Carefully remove the face, lungs, and under skirt from the soft-shell crab.
- Rinse and dry with a paper towel, then place in the refrigerator.

### Prepare Succotash:

- Roast corn in the husk in a 350°F oven until steamed.
- Once done, remove the husk and cut the kernels off the cob. Set aside.
- Remove lima beans from the pod and blanch in boiling water seasoned with kosher salt. Set aside.
- Cut remaining vegetables (onions, zucchini, squash, peppers) into 1/2 inch by 1/2 inch pieces and set aside.
- Pick and chop sage and chervil to personal preference.

\*recipe continues on next page

### Featured Local Items/Producers:

Zucchini, Squash, Lima Beans, Peppers: **Williwaw Farm** (Caroline County)

Soft Shell: **Baxter Softshell Crab** (Talbot County)



Submitted by: Doug Stewart, Bistro St Michael's



## Soft Shell Crab with Succotash cont.

SERVINGS: 1 SERVING

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### Directions cont.

#### Cut Bacon:

- Cut the strip of bacon into  $\frac{1}{4}$  inch by  $\frac{1}{4}$  inch pieces and set aside.

#### Make Sauce:

- In a saucepan, add white wine and reduce by half over high heat.
- Stir in the smoked tomato puree; then reduce heat to medium-low.
- Gradually whisk in small amounts of butter to create a smooth sauce.
- Season with kosher salt to taste.

#### Prepare Succotash:

- In a sauté pan, render bacon lardons over medium-high heat without straining the grease.
- Add onion, zucchini, squash, and peppers sautéing gently until lightly cooked.
- Stir in the roasted corn and blanched lima beans to heat through.
- Add 1 tablespoon of butter and melt, then pour in chicken stock and slowly reduce for a glossy glaze.
- Season with kosher salt and add chopped herbs.

#### Cook Soft-Shell Crab:

- In a mixing bowl, combine all-purpose flour with Old Bay seasoning.
- Remove the crab from the refrigerator and dredge it in the seasoned flour.
- Heat canola oil in a heavy sauté pan on high heat for pan-frying.
- Carefully add the crab to the hot oil and cook until crispy, taking care to avoid burning the flour.

#### Plate the Dish:

- Use the smoked tomato sauce as the base of the plate.
- Place the glazed succotash in the center of the sauce.
- Top with the crispy soft-shell crab.
- Enjoy your meal!



*Submitted by: Doug Stewart, Bistro St Michael's*





# Spicy Mala Maryland Blue Catfish Strips

SERVINGS: 2- 3 SERVINGS

## Ingredients

- 10 oz of blue catfish fillets
- 1/2 cup of green beans
- 1/2 teaspoon of salt
- 1 Tbsp of soy sauce
- 5 Tbsp of Shaoxing rice wine
- 2 Tbsp of Doubanjiang (Spicy Bean Paste)
- 3 tsp of white sugar
- 3 Tbsp of red chili oil
- 2 Tbsp of Sichuan peppercorn oil
- 1 Tbsp of five-spice powder
- 1 tsp of fresh ginger
- 1 tsp of minced garlic
- 2/3 Tbsp of green onions

## Directions

Marinate the Catfish Strips:

- Season the blue catfish strips with salt, 2-tablespoons of Shaoxing rice wine, fresh ginger slices, and green onion.
- Allow to marinate for about 15- 20 minutes.

Prepare the Green Beans:

- Cut the farm-fresh green beans into pieces.
- Boil the beans in water until tender. Drain and set aside.

Make the Mala Sauce:

- In a separate pan, combine Doubanjiang, white sugar, 3-tablespoons of Shaoxing rice wine, minced garlic, Sichuan peppercorn oil, five-spice powder, and red chili oil.
- Simmer until it becomes a thick, fragrant sauce.

Fry the Catfish Strips:

- Heat oil to 320°F (160°C).
- Fry the marinated catfish strips until cooked through.
- Remove, then increase the oil temperature to 350°F (175°C).
- Fry the catfish strips a second time until golden and crispy.

Simmer in the Sauce:

- Add the double-fried catfish strips to the prepared Mala sauce.
- Let them simmer in the sauce for 5 minutes, allowing the flavors to fully absorb.

Serve:

- Arrange the catfish strips on a plate, and serve alongside the boiled green beans. Enjoy the bold, spicy, and aromatic flavors of this dish.

Featured Local Items/Producers:

Blue Catfish: **BSA Seafood** (Queen Anne's County)



Submitted by: Peter Chang, Q By Peter Chang



# Baltimore Peach Cake with Broom's Bloom Dairy Ice Cream

SERVINGS: 8 TO 10

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## Ingredients

- 3 ½ cups flour
- 1/2 cup sugar
- 1 tsp salt
- 2 packages dried yeast
- 6 Tbsp softened butter
- 1 cup warm water (120 F. to 130 F.)
- 2 eggs
- Ice Cream of your choice

### Topping:

- 4 to 6 cups sliced fresh, peeled peaches
- 1/2 cup sugar
- 1 tsp cinnamon
- 1 cup apricot jam
- 2 drops red food coloring (optional)

## Directions

- In a large mixing bowl thoroughly mix 1 cup flour, sugar, salt, and the undissolved yeast. Beat in the butter and slowly add the warm water. You can mix this dough in a mixer using a dough hook, but I prefer to mix the dough in a bowl with a sturdy wooden spoon for about 5 minutes.
- Add the eggs and 1 cup flour, just enough to make a thick, but not stiff batter. Vigorously stir the dough batter for another 5 minutes while gradually adding any remaining flour.
- Spread the batter into a greased 13x9x2-inch baking pan. Arrange the peaches evenly on top of the batter. Sprinkle with the combined cinnamon and sugar. Cover the pan with a tea towel and let rise for about 1 hour or until doubled in bulk.
- Preheat the oven to 400 degrees F.
- After the dough has completed its rise, bake for about 25 to 35 minutes, or until done.
- Remove the pan from the oven and let sit for about 15 minutes. Heat the apricot jam over low heat and add the food coloring (if using). Gently brush the glaze on the warm peaches.
- Serve with ice cream

### Featured Local Items/Producers:

Ice Cream: **Broom's Bloom Dairy** (Harford County)

Peaches: **Black Rock Orchard** (Carroll County)



*Submitted by: John Shields, Gertrude's Chesapeake Kitchen*



# Corn Flan with Blueberry Basil Sauce

SERVINGS: 8

## Ingredients

### Caramel:

- 1 cup of white granulated sugar
- 1/2 cup of water

### Corn flan:

- 1 cup heavy cream
- 2 cups of fresh sweet corn (around 3 ears)
- 1 1/2 cups of evaporated milk
- 3 sticks of cinnamon
- 3 cardamom pods
- 1 can of condensed milk
- 5 eggs plus 2 egg yolks
- 2 teaspoons pure vanilla extract
- 1/2 tsp of table salt

### Blueberry Basil Sauce:

- 2 cups of Blueberries
- 1 Tbsp chopped basil
- 1 Lime juiced
- 1/4 cup Sugar
- 1/4 cup of Water

## Directions

### Make caramel:

- Heat sugar and water on a medium-high heat for 5 minutes. Once the sugar starts turning golden, remove it from the heat and set it aside.

### Make Flan:

- Preheat oven to 350°F
- Remove the corn kernels from the cob and set them aside.
- In a saucepan, mix fresh corn kernels, heavy cream, and spices (cinnamon, salt, and cardamom pods). Let it cook on medium heat for around 7 minutes. Remove from heat and place in an ice bath. Allow the sauce to cool for 5 more minutes.
- Remove the cinnamon sticks and cardamom and puree in a blender with the remaining ingredients (eggs and condensed milk) until smooth, around 3-5 minutes. Strain the infused corn mixture to remove solids.
- Place the pan with the caramel inside a larger, deep pan where there's at least a 1/2-inch space between the smaller and larger pan on the sides.
- Pour the flan mixture into the smaller pan and place it in the oven.
- Add water to the outer pan until halfway.
- Loosely cover the pan with tin foil and bake for 45 minutes. Remove the tin foil and let it bake for 15 additional minutes or until the fork comes out clean in the center.
- Once done, remove it from the oven. Let it cool. Use a knife to loosen the edges. Place a tray on top of the pan. Ensure the tray is slightly larger than the pan so the caramel doesn't spill over. Turn over to transfer to a larger container.
- Top with blueberry sauce and enjoy.

### Make Blueberry Basil Sauce:

- Add all ingredients to a small pot.
- Bring the mixture to a boil, then reduce the heat.
- Simmer the blueberry basil sauce for ten minutes, stirring occasionally.
- The sauce can then be served warm or chilled to thicken.

### Featured Local Items/Producers:

Corn, Blueberries, and Eggs: **Miller Farms**  
(Prince George's County)



*Submitted by: Chef Rasheed Abdurrahman, Food & Friends*

Enjoy these Maryland recipes that were inspired by Maryland agriculture and seafood. For more recipe inspiration, check out our recipe page or to find farmers markets click here.

Are you a chef or home cook looking to submit a recipe? Contact us at [marylands.best1@maryland.gov](mailto:marylands.best1@maryland.gov)

Did you make one of these recipes? Take a photo and tag us with your feedback! Instagram @mdsbest or on Facebook @mdsbestag.

