

Our State eats

Published in the September 2015 issue of Our State

Grilled Corn on the Cob

Corn:

Fresh ears of corn, husks on

Olive oil

Butter

Preheat gas or charcoal grill to medium-high heat.

Remove heavier outer husks from ears of corn. Peel back remaining layers of husks, leaving them attached. Remove silks with damp paper towels. Using strips of discarded husks, tie inner husks together, leaving corn exposed.

Brush corn with olive oil. Place onto heated grill so that tied husks hang over the edge of the grill to prevent them from burning. Grill over direct heat for about 15 minutes, turning every 5 minutes. Serve hot with butter and rosemary citrus salt.

Fresh Rosemary Citrus Salt:

Zest of 1 lemon

Zest of 1 lime

Zest of 1 orange

½ cup flaked salt, such as Maldon

1 tablespoon finely chopped fresh rosemary

Zest fruit onto paper towel and let air dry overnight. Add to salt and rosemary. Serve from saltcellar with grilled, buttered corn.



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Our State eats

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Corn Fritters

Yields: 12 fritters.

- 1 cup all-purpose flour**
- 2 tablespoons granulated sugar**
- 1½ teaspoons baking powder**
- ¼ teaspoon salt**
- ½ cup milk**
- 1 egg, slightly beaten**
- 2 tablespoons butter, melted**
- ½ cup whole-kernel corn, drained**
- Shortening or cooking oil**
- Powdered sugar**

Combine flour, granulated sugar, baking powder, and salt in a medium mixing bowl. Add milk, egg, butter, and corn; stir until just moistened. Drop batter by tablespoons, about 4 at a time, into hot oil or shortening. Cook 4 to 5 minutes, or until golden brown, turning only once. Drain on paper towels. Tip: Keep fritters warm by placing them on a baking sheet in an oven heated to 300° while frying remaining batter. Serve warm, dusted with powdered sugar.



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Carolina Succotash

Yield: 8-10 servings.

- 1** pound butterbeans, cooked and drained
- 2** cups (3-4 ears) fresh, raw corn
- 2** jars Mt. Olive Sweet 'N' Hot Salad Peppers
- 1** medium red onion, cut into thin slivers
- 2-3** stalks celery, diced
- ¼** cup favorite oil (optional)
- Pinch** salt
- Freshly ground black pepper**

In a large mixing bowl, stir together all ingredients.

Cover and chill. Enjoy for up to one week.



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Summer Succotash Salad

Yield: 6 servings.

Salad:

- 3 ears fresh corn, cut off the cob**
- 1 cup butter beans, cooked**
- 2 large fresh tomatoes, coarsely chopped, juice reserved**
- 12 fresh okra pods, sliced**
- 2 tablespoons chopped red onion**

Dressing:

- ½ cup rice vinegar**
- Juice from the tomatoes**
- 3 tablespoons sugar**
- ½ teaspoon salt, plus more to taste**
- ½ cup vegetable oil**
- Freshly cracked black pepper**



Place all salad ingredients in a large glass bowl and set aside.

In a separate bowl, whisk together vinegar, tomato juice, sugar, and salt. Continue whisking and slowly add vegetable oil. Add black pepper and stir. Pour dressing over salad mixture. Add salt to taste. Refrigerate for 2 hours, then serve immediately.

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Blueberry & Corn Salsa

Yield: 4-6 servings.

- 3** tablespoons apple cider vinegar
- 2** teaspoons fresh lime juice
- 2** teaspoons sugar
- 1** teaspoon salt
- 3** tablespoons canola oil
- 3** cups fresh blueberries
- 2** cups fresh corn, cooked and cut off the cob (5 ears)
- 1** small jalapeño pepper, seeded and finely chopped (or 1 teaspoon)
- 2** tablespoons fresh cilantro, chopped
- 1** tablespoon red onion, finely chopped

In a mixing bowl, combine vinegar, lime juice, sugar, and salt. Whisk until sugar is dissolved. Slowly add canola oil and continue to whisk until dressing thickens. Set aside.

In a separate mixing bowl, add blueberries, corn, jalapeño, cilantro, and onion, and toss to combine. Pour dressing over salsa. Cover and chill for at least 1 hour.

Enjoy as a side dish or with tortilla chips.



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Ma Perry's Corn Pudding

Yield: 6-8 servings.

For the corn pudding:

- 2 cups (3-4 ears) fresh, raw corn*
- 1 egg
- ½ cup water, divided
- 1 cup sugar
- Pinch salt
- 1 teaspoon vanilla extract
- 3 tablespoons flour
- 5 tablespoons butter

For the cinnamon whipped cream:

- 1 cup heavy whipping cream
- 2 tablespoons confectioner's sugar
- 1 teaspoon cinnamon

For the corn pudding: Preheat oven to 350°. In a bowl, combine corn, egg, half of water, sugar, salt, vanilla, and flour. Pour mixture into a greased 8 x 8-inch baking dish or 6-8 single-serving ramekins. Dot with pats of butter. Bake about 25 to 30 minutes, until lightly browned. If pudding is becoming dry, stir in remaining water. Continue baking 10 to 15 minutes, until bubbling and browned.

**Note: If fresh corn is unavailable, substitute a 15-ounce can, drained. Use the "corn water" in the recipe instead of tap water.*

For the cinnamon whipped cream: Place all ingredients into a medium mixing bowl. Whip on highest speed, until soft peaks form.

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Fresh Corn & Honey Cornbread

For the cornbread:

- 1 stick butter
- 1 cup self-rising cornmeal
- 1 cup self-rising flour
- 2 eggs, slightly beaten
- 1 (8.5-ounce) can creamed corn
- ½ cup buttermilk
- ¼ cup honey
- Freshly ground black pepper
- 1 cup (about 2 ears) fresh, raw corn

For the glaze:

- 1 tablespoon butter, melted
- 1 tablespoon honey

Preheat oven to 375°. Place butter in an 11 x 7-inch baking dish and put into oven to melt while oven is heating. Once melted, let butter brown to a light golden color.

In a bowl, combine cornmeal and flour. In a separate bowl, mix together eggs, creamed corn, buttermilk, honey, and black pepper. Fold into dry mixture.

Pour batter over browned butter and scatter with fresh corn. Return to oven and bake about 30 minutes, until golden brown on top. Meanwhile, to make the glaze, stir together butter and honey. Brush cornbread with glaze and serve warm.



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Corn Sticks

Yield: 14 servings.

Note: This recipe calls for cast-iron corn-stick pans, but a 10-inch cast-iron skillet will work, too. Bake at the same temperature for 20 to 25 minutes.

- 1 ¼ cups yellow cornmeal
- ¼ cup all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 large eggs, lightly beaten
- 1 cup buttermilk
- 3 tablespoons bacon grease, plus extra

Heat oven to 425°. Place corn-stick pans in preheated oven for 15 minutes. Meanwhile, combine cornmeal, flour, salt, and baking powder in a mixing bowl.

In a separate bowl, combine eggs, buttermilk, and 3 tablespoons of bacon grease. Add egg mixture to the dry ingredients and stir until just combined.

Remove corn-stick pans from oven and carefully brush each mold with bacon grease. Spoon batter into each mold, about ¾ full, and bake for 20 minutes or until edges are crispy and tops of corn sticks are golden brown.



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Skillet Cornbread

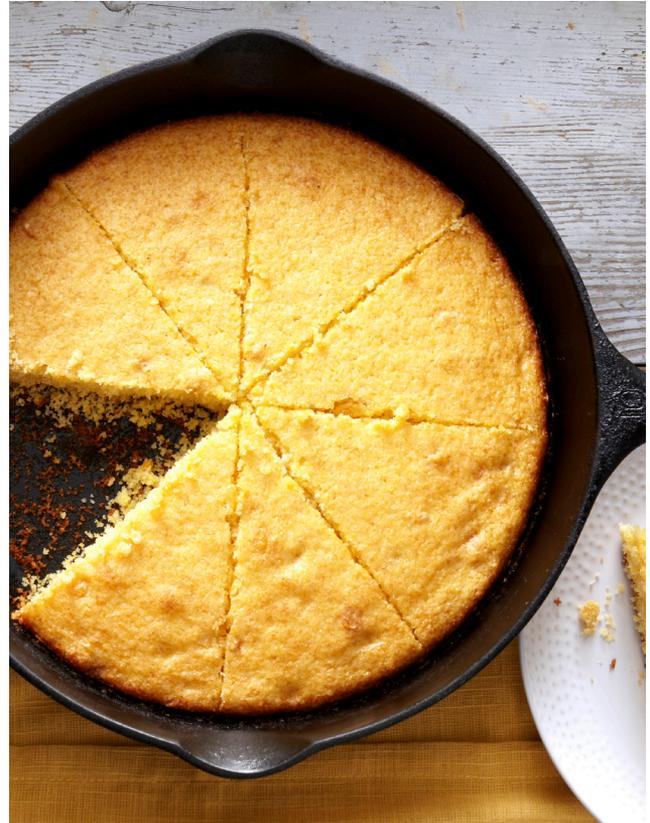
Yield: 6 servings.

- 1¼ cups yellow cornmeal**
- ¼ cup all-purpose flour**
- 1 teaspoon salt**
- 2 teaspoons baking powder**
- 2 large eggs, lightly beaten**
- 1 cup whole buttermilk**
- 3 tablespoons bacon drippings, plus extra**
- 2 teaspoons vegetable oil**

Preheat oven to 425°. Place cast-iron skillet in preheated oven for 15 minutes. Meanwhile, combine cornmeal, flour, salt, and baking powder in a mixing bowl.

In a separate bowl, combine eggs, buttermilk, and 3 tablespoons of bacon drippings. Add egg mixture to the dry ingredients and stir until just combined.

Remove skillet from oven and carefully oil the pan with vegetable oil using a paper towel. Pour batter into hot skillet and bake for 20 to 25 minutes or until edges are crispy and top has turned golden brown.



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Pimento Cheese Cornbread

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 2 eggs
- 1 cup milk
- ¼ cup mayonnaise
- 2-ounce jar diced pimientos, drained
- 8 ounces sharp Cheddar cheese, freshly grated
- Butter, optional

Preheat oven to 425°. Grease an 8 x 8 inch baking dish.

In a large bowl, combine cornmeal, flour, sugar, salt, and baking powder. In a separate bowl, whisk together eggs, milk, and mayonnaise. Add the wet mixture to the dry mixture, and stir to combine. Stir in pimientos and Cheddar.

Pour batter into prepared dish. Bake 25-30 minutes, until cooked through. Let cool for 15 minutes before slicing. Top with butter, if desired.

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Jim's Favorite Cornmeal Bread

- 1 cup Barkley's Mill Cornmeal
- 1 cup all-purpose flour
- $\frac{2}{3}$ cup white sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 1 cup buttermilk
- $\frac{1}{2}$ cup butter
- 2 eggs
- 2 tablespoons mayonnaise (optional)

Preheat oven to 375°. Place a 9-inch cast-iron skillet inside and let the skillet come to temperature.

In a large bowl, combine the dry ingredients.

In another large bowl, combine the wet ingredients and lightly whisk. Slowly add the wet ingredients to the dry, whisking until well blended. Stir out any large lumps.

Carefully remove the hot skillet from the oven and grease lightly with butter. Pour batter into skillet and return to the oven.

Bake for 30 to 35 minutes or until firm. Test doneness by placing a toothpick in the center of the cornmeal bread – if it comes out dry, the bread is ready.

Let cornmeal bread rest for 15 minutes before serving.



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Sweet & Sour Corn Relish

Yield: Approximately 8 pints.

- 10 ears sweet yellow corn, shucked**
- 1 large red bell pepper, cored and finely chopped**
- 1 large yellow bell pepper, cored and finely chopped**
- 1 large green bell pepper, cored and finely chopped**
- 4 ribs celery, finely chopped**
- 1 large sweet onion, finely chopped**
- 4 cups apple cider vinegar**
- 2 cups granulated sugar**
- 1 tablespoon whole yellow mustard seeds**
- 3 teaspoons salt**
- 1 teaspoon crushed red pepper flakes**
- 2 tablespoons pickling spice**

Using a sharp knife, slice kernels off the cob and into a large stockpot. Combine all of the other ingredients in the pot and bring to a boil, stirring until the sugar is dissolved. Reduce heat to medium and simmer, uncovered, for about 20 minutes or until the vegetables are tender.

Ladle the relish into hot, sterilized jars, leaving $\frac{1}{2}$ inch of headspace. Wipe rims and seal with lids. Process the jars in a boiling water bath for 15 minutes.

Store in a dark, cool place. Will keep for 1 year. Once opened, refrigerate for up to 2 months.



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Corn & Jalapeño Fritters with Pineapple Mustard

Yield: 16 fritters.

- $\frac{3}{4}$ cup all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup grated Cheddar cheese
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ cup whole buttermilk
- 1 large egg, beaten
- 2 ears corn, kernels removed from the cob (about 2 cups)
- 1 jalapeño, cut lengthwise, seeded, and finely chopped
- Vegetable oil (for frying)

Pineapple Mustard:

- $\frac{1}{4}$ cup canned crushed pineapple, drained well
- 2 tablespoons honey
- $\frac{1}{4}$ cup honey mustard
- $\frac{1}{2}$ teaspoon chili powder

For the fritters: In a large bowl, mix the flour, baking powder, Cheddar, garlic powder, salt, and pepper. Add the buttermilk and egg, mixing until just combined. Stir in the corn and jalapeño.

In a Dutch oven or heavy-bottomed skillet, heat 2 to 3 inches of oil on medium-high. When oil reaches 350°, drop tablespoonsize balls of batter into the oil for 4 to 5 minutes or until golden and crisp on all sides. Remove and drain on a wire rack with paper towels underneath.

For the mustard: Mix all ingredients in a bowl until smooth and creamy. Season with salt if needed. Serve the fritters with mustard for dipping.



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Rosemary & Lemon Cornmeal Cake

Yield: 12 servings.

- 1 cup yellow cornmeal
- 3 cups all-purpose flour
- 1 cup granulated sugar
- $\frac{1}{3}$ cup powdered sugar, plus more for dusting
- $1\frac{1}{2}$ tablespoons baking powder
- 1 teaspoon salt
- $\frac{2}{3}$ cup vegetable oil
- $\frac{1}{3}$ cup melted unsalted butter
- 2 tablespoons honey
- $2\frac{1}{2}$ cups whole buttermilk
- 4 eggs, beaten
- 2 teaspoons fresh lemon juice
- $\frac{1}{2}$ teaspoon fresh rosemary, stem removed and leaves chopped

Preheat oven to 350°. Grease a 9 x 13-inch baking dish with cooking spray.

In a large mixing bowl, stir together the cornmeal, flour, granulated sugar, powdered sugar, baking powder, and salt. Pour in the vegetable oil, melted butter, honey, buttermilk, beaten eggs, lemon juice, and rosemary. Stir just to moisten.

Pour the batter into the prepared baking dish and bake for 45 minutes, until the top of the cornmeal cake starts to brown and show cracks. Remove from oven and allow to cool. Dust cake with powdered sugar before serving.



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Skillet-Fried Sausage & Hominy

Yield: 4 to 6 servings.

- 2 tablespoons unsalted butter, cold**
- 1 large sweet onion, chopped**
- 2 cloves garlic, crushed**
- ¼ teaspoon ground chili powder or chipotle powder**
- Salt to taste**
- 1 pound ground sausage, cooked and drained**
- 1 (15½-ounce) can white hominy, drained**
- ¼ cup whole milk**
- 4 large eggs**
- 2 teaspoons fresh cilantro, finely chopped**
- Pepper to taste**
- Hot sauce (optional)**

In a large sauté pan, melt the butter over medium heat. Add the chopped onions, crushed garlic, chili powder, and salt. Sauté until the onions are soft, about 5 minutes.

Add the cooked sausage and hominy. Stir and cook for another 2 minutes. Stir in the milk and cook until the milk is almost absorbed by the hominy.

Whisk the eggs and add them to the sausage and hominy mixture. Stir and cook on low heat for an additional 3 to 5 minutes. Stir in the cilantro and add additional salt, pepper, and hot sauce if needed.



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