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A substantial but meat-free meal this week. Found this recipe online and tinkered with it a little so it makes a delish dish. Add a large tossed salad and you'll be pleasantly full. – Chef Linda

Orecchiette with Creamed Corn, Wilted Tomatoes and Arugula

Adapted from bhg.com

Serves 4

4 ears fresh corn
8 oz dried orecchiette (“little ears”) pasta
¼ c pine nuts
1 Tbsp olive oil
1 large clove garlic, thinly sliced
1 c grape tomatoes
1 medium shallot, thinly sliced
1 ½ c half and half
½ tsp cracked black pepper
¼ to ½ tsp freshly grated nutmeg, to taste
2 c torn arugula
Kosher salt to taste
2 oz shaved romano or parmesan cheese

1. Husk and desilk corn; cut kernels from cob. Scrape the cobs with the spine of a large knife and collect the “milk” in a separate container. Set kernels and corn “milk” aside.
2. Cook pasta according to package directions, lightly salting the water just as you’re adding pasta to the pot. Reserve ½ c of the pasta water prior to draining the pasta and set aside.
3. In a dry, large skillet, cook the pine nuts over medium heat for a couple of minutes or just until toasted and aromatic. Remove and set aside.
4. Add olive oil in the skillet over medium/medium-high heat. Add the corn kernels, tomatoes, shallot and garlic. Sauté for several minutes until corn begins to caramelize and shallot is tender, stirring occasionally.
5. Stir in the half-and-half, corn “milk” and reserved ½ c pasta water into the vegetables.
6. Bring mixture to a boil then reduce to a simmer for 5 minutes, stirring occasionally.
7. Pour sauce over the pasta (or add the pasta to the skillet if it’s big enough). Add the arugula then stir to coat. Add the cracked pepper, nutmeg and kosher salt to taste and stir again.
8. Divide among serving bowls and top with the shaved cheese and toasted pine nuts.

Shopping List: corn on the cob, orecchiette (Trader Joe’s), grape tomatoes, half-and-half, arugula, shaved romano or parmesan cheese

Equipment Needed: Cutting board and knife, pasta pot, large skillet, spatula, nutmeg grater, cheese plane, measuring cups and spoons.

Pantry Staples: olive oil, shallot, nutmeg, garlic, salt and pepper