

# *School of Cooking* **Martin's**

## **Some Like It Hot!**

**Hosted by Chef Eddie Hernandez  
February 26, 2008  
Martin's Super Markets  
Cobblestone Crossing  
Elkhart, Indiana**

### **Black Bean and Corn Salsa**

#### **Ingredients**

3 ears yellow corn or fresh frozen  
1 medium-sized red onion, ¼-inch diced  
½ bunch fresh cilantro  
2 heirloom tomatoes  
1 tablespoon garlic fresh  
1 Serrano or jalapeño pepper  
1, 15 ounce can black beans, drained and rinsed  
2 tablespoons extra virgin olive oil  
1 tablespoon toasted cumin seed or powder  
Juice of half a lime  
Queso fresco  
Sea salt & cracked black pepper to taste

#### **Instructions**

Shave corn kernels from ears; set aside, if using frozen let them thaw and dried. Heat olive oil in a sauté pan, caramelize onions over medium heat for 5 to 7 minutes. When onions reach a

golden brown hue, add corn and cook an additional 2 minutes before turning off the heat. Stir occasionally.

While onions and corn cool, dice tomatoes into 1/4-inch cubes. Cut pepper in half, remove and discard the seeds and membrane (this is where the heat of the chili resides); mince. Pick cilantro, discard stems then chop coarsely.

Transfer onion and corn mixture to a medium-sized mixing bowl and toss together with remaining ingredients. Season with salt and pepper to taste. Serve chilled or room temperature over grilled chicken or fish; tostadas or chips will work also.

## **Mango Salsa**

### **Ingredients**

2 Fresh mangos peel diced 1/4 in.

1/4 cp cilantro chopped

1-2 juice or limes

1/2 pineapple 1/4 in diced

1 cp diced red onion

1-2 jalapeños diced (seeded)

2 tablespoons honey

Salt & pepper

### **Instructions**

Toss all ingredients in a bowl chilled serve over fish.

## **Jamaican Jerk White fish**

### **Ingredients**

1tablespoon Jamaican Jerk seasoning

1-2 tablespoon of oil for frying

### **Instructions**

Fresh white fish lightly rubbed with seasoning, in a sauté pan pour the oil on medium high heat cook for about 2 minutes on each side.

## **Pork in Tomatillo Salsa**

### **Ingredients**

Kosher salt

Extra-virgin olive oil (for brushing)

Ingredients

12 tomatillos\* (about 1 pound), husked, rinsed

4 garlic cloves, peeled

2 jalapeño chiles

2/3 cup finely chopped white onion

2/3 cup (lightly packed) chopped fresh cilantro

6 pork chops

1 garlic clove, peeled, halved

salt and pepper to taste

### **Instructions**

Preheat broiler. Place tomatillos, 4 whole garlic cloves, and jalapeños on rimmed baking sheet. Broil until tender and vegetables are slightly charred, turning occasionally, about 7 minutes for garlic and 8 minutes for tomatillos and jalapeños. Transfer to plate and let stand until cool enough to handle. Stem and seed jalapeños. Place tomatillos, garlic, jalapeños, onion, and cilantro in processor. Puree until almost smooth. Season tomatillo salsa with salt and pepper. **DO AHEAD** Salsa can be made 1 day ahead. Cover and chill. Return salsa to room temperature before serving.

*Stove top*-Dice pork into 1 1/2" cubes rubbed with oil brown in a skillet or sauce pan medium high heat for about 3 minutes add tomatillo salsa, let simmer till fork tender (30min.)

*Grilling*-Prepare barbecue (medium-high heat). Rub both sides of pork chops with kosher salt and pepper; brush with oil. Grill until just cooked through, about 8 minutes per side. Transfer chops to plate; let rest 10 minutes. Serve chops with salsa.

## **Rice Pudding with Mango**

### **Ingredients**

55g/2oz short-grain rice  
230ml/8fl oz coconut milk  
110ml/4fl oz milk  
1 tsp orange zest  
2 tsp sugar  
1 tsp vanilla extract  
110ml/4fl oz heavy cream  
To serve:  
mango, sliced if frozen (puree)  
2 tsp brown sugar

### **Instructions**

Place the rice, coconut milk, milk, zest, sugar and vanilla in a saucepan over a medium heat and bring to the boil. Reduce the heat, cover and cook for 1 hour, stirring occasionally. When the rice is cooked, remove from the heat and leave to cool with the lid on. When the mixture is cold, stir in the cream. Pour into a serving bowl, top with mango and a sprinkling of brown sugar and serve.

*Cooking Time: 1-2 hours*