



The Edible Garden

Recipe featured at *Fiesta de Flores y Comida*, September 25

Roasted Corn and Black Bean Salad

By: Chef Stephanie, Executive Chef, Don Coqui Restaurant

Ingredients

2 teaspoons vegetable oil
2 cups corn kernels (about 5 ears of corn)
Salt and pepper, as needed
Pinch of cayenne pepper
¼ teaspoon ground cumin
2 cups seeded tomatoes, chopped
1 red onion, minced
2 red peppers, roasted and diced
4 cups black beans, cooked, see recipe below (or you can substitute canned black beans)

¼ cup fresh cilantro leaves, chopped, plus more for garnish
¼ cup culantro leaves, minced
¼ cup flat leaf parsley, minced
1 tablespoon fresh lime juice
1 tablespoon chipotle chiles in adobo, minced
2 tablespoons roasted garlic, minced

Instructions

1. Brush corn ears with vegetable oil and season with salt, pepper, cayenne, and cumin. Grill corn over a medium-high grill (or roast in a 450 degree Fahrenheit oven) until some kernels blister and become golden brown and the corn is tender. Set aside and let cool.
2. Cut the corn kernels from cob and combine with tomatoes, black beans, onions, peppers, cilantro, culantro, parsley lime juice, chipotles, and garlic. Adjust the seasoning to taste.

For the black beans

2 cups dried black beans
½ celery stalk
½ carrot
a few sprigs fresh thyme
a few sprigs fresh parsley
1 bay leaf
½ onion
2 teaspoons kosher salt

1. Tie the celery, carrot, thyme, parsley, and bay leaf into a bundle using cotton butcher's twine.
2. Place the beans, bundle, and onion into a pot. Add just enough water to barely cover the beans. Bring to a simmer, partially cover, and cook for 1 to 2 hours, until beans

are barely tender. After 30 minutes, add the salt to the beans.

3. Occasionally check on the beans and add water to cover the beans, if needed.
4. When beans are just barely tender, drain them and remove the carrot bundle.