

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR
ALL RECIPES ARE BY IVY TAYLOR



Raspberry Corn Muffins

- 1 Cup Yellow Cornmeal
- 1 Cup All Purpose Flour
- 1/2 Cup Brown Sugar
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- 2 Large Eggs
- 1 1/4 Cups Sour Cream
- 1/4 Cup Unsalted Butter,
Melted & Cooled
- 1 Cup Fresh Raspberries
- 1 Cup Fresh Corn Kernels

Preheat oven to 375 degrees. Butter 12 to 24 muffin cups (depending on size you want muffins). In a large bowl, whisk together cornmeal, flour, sugar, baking powder, baking soda, and salt. In another bowl, whisk together eggs, sour cream and butter. Add liquid mixture to flour mixture and stir batter until just combined. Fold in raspberries and corn gently and place in prepared muffin cups. Bake in oven for 20 minutes or until toothpick comes out clean.

MORE RECIPES ON BACK! 

Roasted Corn and Edamame Salad w/ Goat Cheese

4 Cups Roasted Corn
2 Cups Shelled Soybeans
4 Cups Diced Heirloom,
Grape or Roma Tomatoes
1 Cup Diced Red Bell Pepper
1/4 Cup Sliced Scallions
1 1/4 Cups of Your Favorite
Basil Vinaigrette
Salt And Pepper To Taste
1 Cup Crumbled Goat Cheese
1/8 Cup Of Fresh Basil as Garnish

Combine first 5 ingredients in a large bowl and mix well. Add vinaigrette, salt and pepper. Top with the goat cheese and fresh basil.

White Cheddar Pimento Cheese w/ Sausage

1 Lb Ground Pork Sausage,
Cooked & Drained
1 Pound White Cheddar, Shredded
1 Cup Mayonnaise
1 Tablespoon Whole-grain
Or Dijon Mustard
1 Teaspoon Dry Mustard
1 Teaspoon Apple Cider Vinegar
1/2 Teaspoon Kosher Salt
1/2 Tsp Freshly Ground Black Pepper
1 Cup Minced Roasted Red Bell Peppers

Combine the shredded cheese with the mayonnaise, whole-grain mustard, dry mustard, vinegar, salt, pepper, and roasted bell peppers. Add cooked sausage. Blend well and serve with crackers or add to deviled egg mixture for a twist on a traditional favorite.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!

