



Maque Choux

Makes 4 servings

2 Tbsp olive oil OR 1/4 cup jowl bacon (<i>diced</i>)	2 cups vegetable stock
1 cup diced onions	8 oz andouille sausage (<i>cooked</i>)
2 jalapeños (<i>diced and seeded</i>)	1 medium tomato (<i>diced</i>)
2 cloves garlic (<i>minced</i>)	1 Tbsp fresh thyme
4 ears fresh sweet corn (<i>cut off kernals, keep cobs</i>)	2 Tbsp butter

1. In large sauté pan over medium heat, render the jowl bacon (about 5 minutes) or heat olive oil.
2. Remove pieces of jowl bacon and then sauté onions and jalapeños for about 5 minutes. Add garlic, sauté for another minute. Add fresh kernels of corn, cobs and vegetable stock. Dice up Andouille and add.
3. Simmer for 20-30 minutes on low heat. Remove from heat. Scrape the cobs of corn with the back of a chef's knife, then discard cobs.
4. Add fresh thyme, tomatoes, and butter. Add salt and pepper to taste.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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Farmers Market Food Safety Tips

- Wash hands before and after handling fresh produce.
- Choose sweet corn that is picked fresh, as sugars begin breaking down into starches very quickly. Corn picked the same day is best, and use within 24 hours for best flavor and tenderness.
- If not using the same day, store sweet corn in the refrigerator with the husk on.
- Use separate cutting boards to prepare fruit or vegetables and meat, poultry or seafood to prevent cross-contamination.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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