Sweet NJ Corn Custard topped with Smoked Snyder Farm Tomato Balsamic Glaze and Shaved Smoked Dehydrated Snyder Farm Tomato

Ingredients

Yields 8 portions

Custard

4	ears fresh super sweet NJ white corn
1 qt	heavy cream
¾ cup	sugar
½ tsp	kosher salt
½	vanilla bean, split lengthwise, seeds scraped out, bean and seeds reserved
2	large eggs
6	large egg yolks

Glaze

1	tomato
4 oz	balsamic vinegar

Shaved Tomato

1	tomato

Nutrition Facts

Serving Size (190g)
Servings Per Container

Amount Per Serving

Calories 450 Calories from Fat 300

	% Daily Value*
Total Fat 34g	**52%**
Saturated Fat 20g	**100%**
Trans Fat 1g	
Cholesterol 240mg	**80%**
Sodium 180mg	**8%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 2g	**8%**
Sugars 23g	
Protein 6g	

Vitamin A 30% • Vitamin C 8%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation

1. Cut the kernels from the corn cobs; reserve the cobs. In a large heavy-bottomed sauce pan, stir together the kernels, cobs, cream, sugar, salt, and vanilla bean and seeds. Bring to a rolling boil and then remove from the heat. Transfer the mixture to a bowl, cover, and refrigerate it for at least 12 hours, and up to 2 days.

2. Slice tomatoes for glaze and shaved tomato into ½ inch slices. Smoke in a wood smoker at 210°F for 2 hours.

3. In a non-stick sauté pan combine half of the smoked tomato slices and the balsamic vinegar. Simmer on low heat for 20 minutes, stirring occasionally. Strain through cheese cloth. Discard tomato pulp and return liquid back to sauté pan. Reduce, stirring constantly, until desired glaze consistency is reached. Cool at room temperature and reserve.

4. Place remaining half of smoked tomato slices into a food dehydrator. Set to 135°F and let dehydrate for 14-16 hours or until completely dried and can snap in half.

5. Preheat the oven to 275°F.

6. Whisk together the eggs and egg yolks in a medium bowl. Discard the corn cobs and pour half of the cream mixture over the eggs; whisk together until combined. Whisk in the rest of the cream mixture. Strain through a fine-mesh sieve into a bowl.

7. Place eight 4-ounce ramekins or custard cups in a deep baking dish or roasting pan, spacing them evenly. Divide the custard mixture among the ramekins. Cover the baking dish with aluminum foil, leaving the front side loose, and carefully place the dish in the oven. Fill the baking dish with warm water to reach halfway up the sides of the ramekins, and then seal the dish tightly with the foil.

8. Bake for 20 minutes. Then rotate the pan and let the steam out by lifting the foil cover; replace the foil and seal it. Continue baking, lifting the foil every 15 to 20 minutes to let the steam out and then resealing it well, until the edges of the custard are set and the centers are still slightly loose, about 1 hour (if more time is needed, check at 5 minute intervals.)

9. Remove the foil. Transfer the dish to a wire rack. Let the custards cool to room temperature in the water bath. Remove from the water and refrigerate, uncovered, until set, about 1 hour.

10. To serve, drizzle balsamic glaze on top of the custard and shave the dehydrated tomatoes to finish.

Recipe brought to you by John Ackermann of Rutgers University Dining Services

Intensified Jersey Roma Tomatoes with Puffed Farro and Herbed Feta

Ingredients

Yields 10 portions

5	ripe Roma tomatoes
1.5 C	farro
.5 C	feta cheese
2 T	snipped chives
.5 C	chopped parsley
.5 C	chopped basil
2 T	minced shallot
1 T	minced garlic

Nutrition Facts

Serving Size (88g)
Servings Per Container

Amount Per Serving

Calories 180 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 120mg	**5%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 5g	

Vitamin A 15% • Vitamin C 15%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation

1. Saute shallots garlic until soft add farro stirring for a moment add 3 C vegetable stock bring to boil then simmer for 35 minutes covered cool on sheet pan
2. Slice tomatoes lengthwise place cut side down on sheet pan in oven at 225 for 3 to 4 hours cool remove skin and seeds
3. Finely chop basil and parsley mix with feta set aside
4. Heat 1 T oil in non stick saute pan add cooked farro and toss until "puffed"
5. Fold feta mix farro chives 1 T oil .5 T balsamic together
6. Spoon into tomato top with olive set over chiffonade of arugula lightly tossed with oil and vinegar

Recipe brought to you by Chef Tommy Alicino of Rutgers University Dining Services