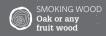


Smoked Elotes

The classic Mexican street food of corn on the cob, here smoked, is slathered in mayo and cheese and finished with a squeeze of lime, cilantro, and smoked paprika.







8 ears of corn, shucked

½ cup mayonnaise (see p171, or use a brand without soybean oil)

- ½ cup plain low-fat Greek yogurt
- 2 cups crumbled Cotija or Parmesan cheese
- 1 bunch of cilantro, leaves only. chopped
- 2 limes, zested then cut into wedges Smoked paprika, to serve Smoked sea salt, to serve Smoked pepper, to serve

- 1. Set the smoker to 250°F (120°C) and place the corn on the grates. Smoke until easily pricked with a fork; this may take anywhere from 45 minutes to 1 hour 15 minutes.
- 2. Meanwhile, in a small bowl, combine the mayonnaise and Greek yogurt. Refrigerate until ready to serve.
- 3. To serve, set out the toppings so people can create their own flavor combinations. Serve the mayonnaise mixture with a basting brush to coat the corn. Place Cotija on a shallow plate so corn can be rolled in the cheese. Serve with accompanying bowls of cilantro, lime zest, lime wedges, paprika, sea salt, and pepper.

Pairing suggestions: Elotes pair well with any smoked meat dish in this book, particularly chicken.

Maximizing leftovers: Use leftover corn to make Poblano, Corn & Avocado Salsa (see p138).

Nutrition per 2 melon wedges, 2oz (55g) cheese, and 2 prosciutto slices

Calories 335 • Total fat 20q • Carbs 19q • Dietary fiber 2q • Sugars 16q • Protein 22q

Other great additions could be smoked jalapeños, chipotle compound butter, or different cheeses. Get creative!

NUTRITION PER SERVING

Calories 331g Total fat 24g

Carbs 23g Dietary fiber 1g Sugars 1g



