

# Selena + KRISTEN KISH

EPISODE 2

## INGREDIENTS

### For the Smoked Yogurt:

14 oz thick full fat  
Greek yogurt

2 tsp fresh lemon juice  
salt to taste

### For the Carrots:

2 tbsp olive oil

3 tbsp agave

3 tsp lemon juice

1 tbsp unsalted butter

Salt and black pepper  
to taste

### For the Corn Salad:

6-8 ears of corn, shucked  
and removed from cob

3 large cloves garlic -  
minced

2 shallot small diced

10 sprigs thyme - tied  
in a bouquet with butchers  
twine

2 cups de-veined snow  
peas and finely julienned

3 oz crumbled feta cheese

4 large mint leaves

4 large basil leaves

2-4 tbsp extra virgin  
olive oil

salt and pepper to taste

Maldon salt



## SWEET CORN & BABY CARROTS SMOKED YOGURT, BASIL, AGAVE, FETA, MINT, SNOW PEAS

### DIRECTIONS:

#### For the Smoked Yogurt:

1. With the smoking gun, put the yogurt in a wide/deep dish, creating a thin layer of yogurt. Cover tightly with a couple layers of plastic plastic wrap. Fill the smoking gun with chips, poke small hole and put the tip of the tube in that hole. Turn on smoking gun. Allow the smoke, lighting the chips simultaneously to fill up the dish until puffed with smoke. Turn off the gun, capturing the smoke. Allow to sit for 5 minutes and repeat as above a few times or

until the yogurt is your  
desired smokiness.

2. Season with lemon juice and salt.

#### For the Carrots:

1. Make an ice bath.
2. Bring a large pot of water up to a full boil. Season liberally with salt.
3. Simmer the carrots until al dente or a little resistance when pierced with a knife. Shock in ice bath. Allow to cool completely, remove from water, dry.

4. In a large sauté pan, add the olive oil until hot.
5. Add in carrots, giving them a sauté.
6. Add in agave, bring to a light simmer.
7. Add lemon juice and turn off heat.
8. Add in butter, swirling until emulsified
9. Season to taste.

#### For the Corn Salad:

1. Sweat shallots and garlic in a large sauté pan until translucent.
2. Add in thyme bouquet, stir around until fragrant.
3. Add in corn and bring heat to medium high - sautéing until corn is just tender.
4. Season with salt and pepper to taste.
5. Place on a small sheet tray and refrigerate until cool.

#### To assemble:

6. Toss together the chilled corn sauté, feta cheese, half of the mint and basil leaves - torn, a drizzle of olive oil, and snow peas. Season to taste
7. Spread yogurt on the bottom of a platter. Layer on corn salad. Arrange carrots nicely over the top. Season with maldon salt, then garnish with additional mint and basil leaves.