

Grilled Sunflower Head.

Ingredients:

- 1 large young sunflower head (seeds will all be white)
- 2-4 tablespoons olive oil, depending on the size of your sunflower
- 2 teaspoons salt
- 1 teaspoon pepper

Trim the sunflower from the stalk.

Remove the outer petals and brush off the inner buds.

Brush with oil and sprinkle with salt and pepper.

Place sunflower face-down on grates and grill, covered, on medium heat for five to eight minutes.

While sunflower is grilling, prepare sauce/topping to use on sunflower after it's done grilling.

Recipe for the sunflower topping:

1/2 cup of mayonnaise

1-2 Tbsp Lemon juice (add more or less to your liking)

1/4 tsp salt and pepper

1/2 tsp chili powder

Pinch of cayenne pepper

1-2 fresh garlic cloves, crushed

Garnish with fresh chopped cilantro and cotija cheese

If you love Elote corn with a bit of crunch, you will love this! Sauce is optional, and you can eat it with just melted butter, salt, and pepper. Or try it with red pepper flakes and honey!

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