

Further Suggested Reading :

Fussell, Betty. *The Story of Corn*. Albuquerque: University of New Mexico Press, 2004.

Manning, Richard. *Against the Grain: How Agriculture Has Hijacked Civilization*. New York: North Point Press, 2005.

Nabhan, Gary. *Coming Home to Eat: The Pleasures and Politics of Local Food*. New York: W.W. Norton and Co., 2002.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: The Penguin Press, 2006.

Sokolov, Raymond. *Why We Eat What We Eat*. New York: Summit Books, 1991.

Warman, Arturo. *Corn Capitalism: How a Botanical Bastard Grew to Global Dominance*. Chapel Hill: The University of North Carolina Press, 2007.

Wilson, David Scofield and Gillespie, Angus Dress, eds., *Rooted in America: Foodlore of Popular Fruits and Vegetables*. Knoxville: University of Tennessee Press, 1999.



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Photograph: Béatrice Peltre

## CORN AND TOMATO TARTAR

BY BÉATRICE PELTRE

Serves 4 as an appetizer.

3 medium sized vine tomatoes (about 6.5 oz each)  
2 cob corns (about 12 oz each)  
2 Tbsp fresh coriander, chopped  
(you can also use basil instead)  
1 large shallot, chopped thinly  
1 Tbsp gomasio (or sesame seeds)  
2 Tbsp pine nuts, dry roasted  
½ vanilla bean, seeds removed  
1½ Tbsp balsamic vinegar  
3 Tbsp olive oil  
Pinch of paprika  
Salt and pepper

Wash the tomatoes and blanch them for 1 minute in boiling water. Rinse under cold water and remove the skin and seeds. Dice them. Place them in a colander and season with salt. Leave to rest for 30 minutes.

Remove the leaves from the cob corns and wash them. Boil them in salted water for 4 minutes. Rinse under cold water and slice the kernels off. Let cool.

In a small bowl, place the vanilla seeds. Add 1½ tablespoon balsamic vinegar and 3 tablespoons olive oil. Whisk well. Place the tomatoes and corn kernels in a large bowl with the gomasio (or sesame seeds), chopped shallot and coriander. Add half of the dressing and mix well.

Season with salt and pepper. Take 4 individual 1-cup ramekins. Line them with parchment paper and fill them with the vegetables to the top. Cover each with a small piece of parchment paper. Place a weight on top and put in the fridge for 1 hour.

To serve your dish, take 4 individual appetizer plates. Remove the top piece of parchment paper and flip the ramekin at the center of the plate. Remove the parchment paper carefully. Repeat with the other ramekins. Decorate with coriander and a pinch of paprika. Serve with the rest of the vinaigrette, dry roasted pine nuts and toasted slices of country bread.

*Béatrice* grew up in France, traveled around the world and now lives in Boston where she runs the popular food blog "La Tartine Gourmande" <http://www.beaskitchen.com/blog> which features anecdotal stories, photography and bilingual recipes.