



GRILLED CORN SALAD  
*with*  
CHIPOTLE & PICKLED  
ONION

Trefethen

# GRILLED CORN SALAD *with* CHIPOTLE & PICKLED ONION



## SALAD INGREDIENTS

- 6 ears white corn, shucked for grilling
- 1 large red onion, skin removed, cut into large rings for grilling
- Trefethen extra virgin olive oil
- salt and freshly ground pepper
- 2 cup lowfat Greek yogurt
- 1 chipotle pepper (or use canned peppers in adobo sauce)
- 1 bunch cilantro, washed and picked
- 2 avocados
- 2 limes, zested and juiced

## BRINE INGREDIENTS

- 3/4 cup apple cider vinegar
- 1/4 cup water
- 1/4 cup sugar or honey
- 1 tsp pickling spice
- 1 tsp salt

## PROCEDURE

1. Fire up the grill. Season corn and onion with olive oil, salt, and pepper. Grill corn and onions until charred and cooked.
2. Place all brine ingredients into a small pot and bring to a boil. While the brine is warming, roughly chop the grilled onion and place into a large mason jar. Pour boiling brine over the onions in jar and stir gently. Let rest on counter until room temperature. Seal and refrigerate once cool; flavors will get better over time.
3. Place the yogurt, chipotle pepper, and a pinch of salt into a blender. Blend until well combined. Taste and adjust seasoning if needed - this dressing will be a little spicy!
4. Cut the corn kernels off the cob and place into a large bowl. Add your pickled onions and cilantro. Mix gently. Before you are ready to serve, cut avocados into medium dice and toss with lime juice and zest in a separate bowl, seasoning with salt and pepper.
5. Drizzle your corn with chipotle yogurt dressing and add the avocado just before serving. Then, artfully display your salad on your favorite platter and enjoy!

## TREFETHEN WINE PAIRING

***Chardonnay:** Subtle notes of toasted oak frame the palate which features more citrus flavors and hints of apple and pear. The lively acidity brings great balance and the finish is refreshing and smooth. acidity and minerality provide an invigorating finish.*