



# FARM HERO

The One in Iowa  
Ingredients from Garst Family Farm

FARM HERO Chef Todd exclusive Bacon Apple Relish recipe  
using local farm ingredients!

Make this delicious dish and share your pictures on our  
socials! Tag @farmheroshow

## BACON APPLE RELISH

1/2 Lb Bacon

3 Tbls Grass-fed Butter (Brown Butter)

Dice Bacon and saute until golden brown. Drain and set aside. Brown Butter in sauce pan over medium-high heat stirring frequently until caramel brown.

4 Lg Apples

1 Lg Sweet Yellow Onion (Peeled and Diced)

1 Tbsp Minced Garlic

1 Tsp Cinnamon

1/2 Tsp Nutmeg

2 Tbs Apple Cider Vinegar

Salt and Pepper to taste

Let Brown Butter cool a bit and then add diced Onion, Apples, Garlic, Cinnamon and Nutmeg. Cook on medium-high heat for 10 minutes.

Add Vinegar and Bacon. Salt to taste!



# FARM HERO

The One in Iowa

Sweet Iowa Corn from Garst Family Farm

FARM HERO Chef Todd exclusive Creamed Corn with Gournay Cheese recipe using Garst Family Farm fresh eggs & corn! Make this delicious dish and share your pictures on our socials! Tag @farmheroshow

## CREAMED CORN WITH GOURNAY CHEESE

Cook on Grill or Roast in oven (425 degree over for 20-25 minutes)

8 Cobs of Sweet Corn  
Avocado Oil/Olive Oil  
Salt and Pepper

Shuck Corn. Drizzle with Avocado Oil/Olive Oil and lightly salt.

1 Lg Sweet Yellow Onion  
6 Tbls Grass-fed Butter

Peel Onion and dice. Place in large pot and saute with Butter and a pinch of Salt over medium heat until golden brown.

2 Red Bell Peppers

Dice Red Bell Peppers and add to pot with Onions. Cut Corn off the cob. Add 3/4 of Corn to pot. Put remaining 1/4 of corn into food processor and process until smooth. Add to pot.

6 oz of Gournay Cheese  
1 Cup Grass-fed Half and Half  
Chives

Add Gournay Cheese and Half and Half. Cook for 30 minutes on medium-low heat. Stir frequently. Salt and Pepper to taste. If starting to get too dry while cooking, add some additional Half and Half (1/4 cup at a time). Serve and top with Chives.

Serves 6.