

---

# Sweet Corn 101

---

Did you know you can eat it raw?



Sweet corn, not to be confused with field corn (grown for animal feed and processed food/corn syrup products), is usually ready around mid-July. It comes in several varieties: white, yellow, and bi-color. The best time to buy sweet corn in bulk is August, when the ears are longest and the temperatures are hottest. But the season will still run through September each year. Each corn plant will only yield on average 2 ears of corn. Pulled fresh from the field, you can eat it raw from the cob.

## *How to Store:*

Refrigerate sweet corn as soon as possible with husks on in a paper bag. The natural sugars begin to turn into starch the moment it is harvested, so the sooner you eat the corn, the sweeter it will taste. Aim for the first 1-3 days to eat it for the best flavor. Otherwise, you can expect starchy corn.

# CORN

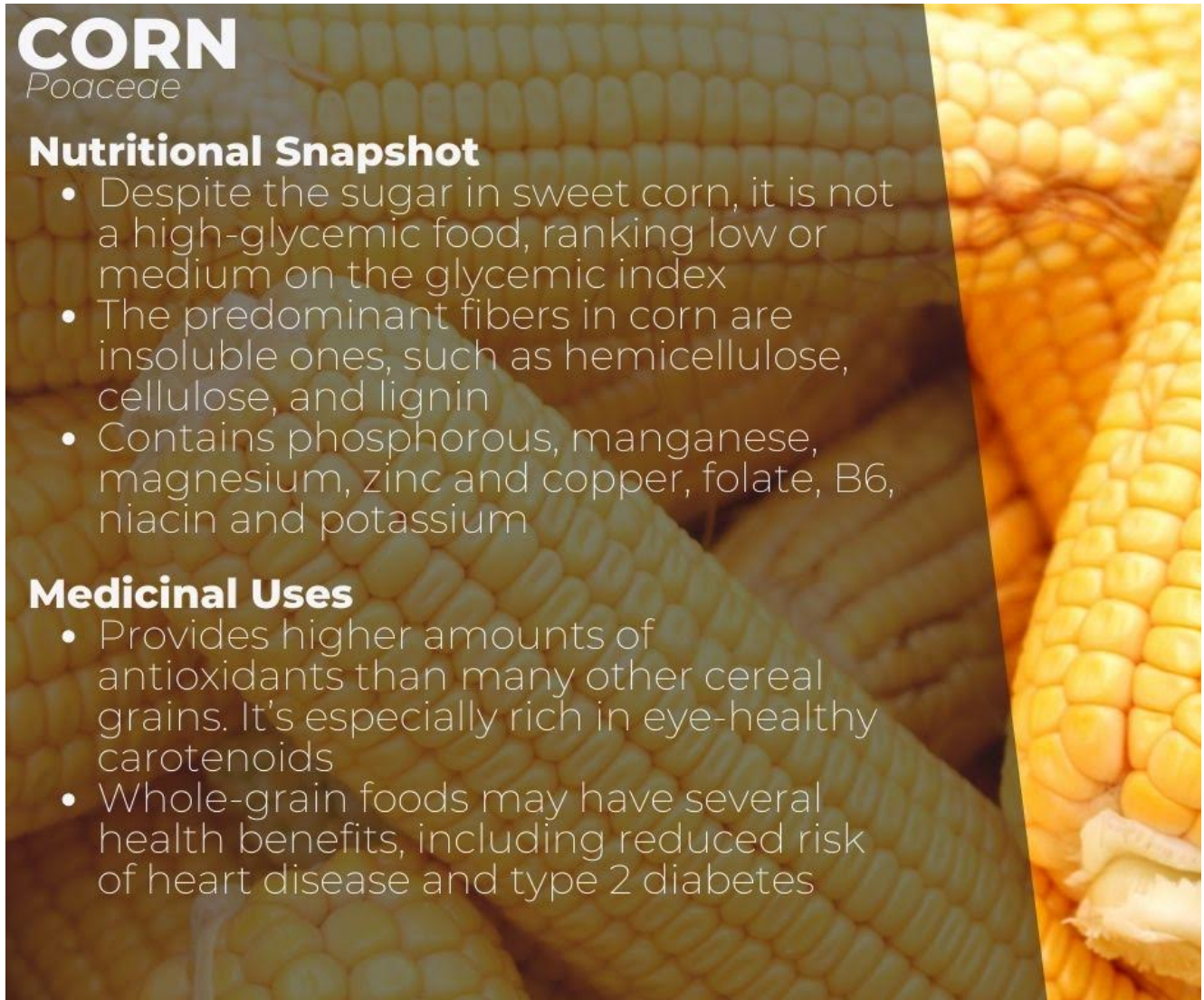
*Poaceae*

## **Nutritional Snapshot**

- Despite the sugar in sweet corn, it is not a high-glycemic food, ranking low or medium on the glycemic index
- The predominant fibers in corn are insoluble ones, such as hemicellulose, cellulose, and lignin
- Contains phosphorous, manganese, magnesium, zinc and copper, folate, B6, niacin and potassium

## **Medicinal Uses**

- Provides higher amounts of antioxidants than many other cereal grains. It's especially rich in eye-healthy carotenoids
- Whole-grain foods may have several health benefits, including reduced risk of heart disease and type 2 diabetes



## *How to Prep:*

You can eat corn raw or cook it in the husks. Shuck the cob by pulling the husks down the ear and snapping off the stem. The silks will fall off as you cook the corn. Rinse under cold water. **If you see a worm in the tip, just cut out the damaged section — the rest of the cob is still edible!** To cut the kernels off the cob, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base. Save those used cobs for making broth!

## *Best Uses:*

**Salad**

**Roasted**

**Dip**

**Boiled or Steamed**

**Grilled**

**Salsa**

**Pasta dish**

**Risotto**

**Baked Goods (Bread)**

**Tamales (husks)**

**Pickled**

**Juice**

**Soup**

**Stock (use the spent cobs)**

**Fritters**

**Pizza**

**Quiche or Sweet Corn Pie**

**Tacos**

**Chili**

**Stir Fry**

## *3 Ways to Cook*

### *Corn:*

#### *1. Boil It*

Fill the pan with enough water to cover the corn and bring it to a boil. Add some salt to pot. Shuck off the outer husk and silk from the corn. Put it in the boiling water.

If your corn is very fresh, cook it for three to five minutes. Older corn may need a bit longer.

#### *2. Grill It*

Peel back the husks, but leave them attached at the stem. Remove all the silk and then brush the corn with olive oil. Cover the corn back up with the husks and wrap in foil. Roast the ears of corn over a medium-hot grill, turning occasionally, until the outer husks are toasted. This usually takes about 15 minutes. Let the corn cool enough to handle, then strip off the husks and eat.

### *3. Microwave It*

Leave the corn in their husks and microwave them two at a time on HIGH for four to six minutes, depending on the age of your corn. When cool, strip off the husks.

*Did you know?... When you see kernels missing, it means that the silks leading to that kernel just didn't get fertilize*



## *Use the Cobs for Your Freezer Scrap Bag!*

Spent corn cobs make great broth. Simply add the used cobs into a pot of boiling salt water and simmer for 2 hours. (You can add other veggie scraps like onion skins, carrot tops, garlic ends as well). Cool, put in ice cube trays, and freeze.

### *To Freeze:*

Husk the corn. Remove any worm damage from the tip. Boil in salted pot of water for about

4 minutes, until kernels turn a brighter yellow. Remove and plunge into an ice bath to stop the cooking. Then cut the kernels off the cob, using a corn cutter or a knife. Bag in 2-4 cup increments in a Ziplock bag. Freeze for up to a year.

# Suggested Recipes:

## Zucchini Sweet Corn Pie

*Adapted from [pinchofyum.com](http://pinchofyum.com)*

My boys beg me to make this. 6 servings.

### **Ingredients:**

4 tablespoons butter

half of a yellow onion, diced

2 ears sweet corn

2 large zucchini, sliced very thinly (about 4 cups)

8 ounces sliced mushrooms

1 tablespoon dried basil

1 teaspoon dried oregano

1/2 teaspoon salt

12 ounces shredded cheese (e.g. Mozzarella and Swiss)

4 eggs, beaten

### **Directions:**

Preheat the oven to 375 degrees. Heat the butter in a large, deep skillet over medium high heat. Add the onions, zucchini, and mushrooms. While the veggies saute, cut the corn kernels off the cob. Add them to the pan and continue to saute until the veggies are soft, 5-10 minutes. Remove from heat.

Once the mixture has cooled for a few minutes, stir in the basil, oregano, salt, cheese, and the beaten egg. Line a pie pan (9-inch or larger) with parchment paper or just grease a pan with nonstick spray. Transfer the mixture to the pan. Arrange the top so the zucchini slices lay flat and look nice. Top with a little extra cheese for looks, cover with greased foil, and bake for 20

minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into slices.

## Corn Lime Salsa

*Recipe adapted from [skinnytaste.com](http://skinnytaste.com)*

This salsa is very close to the corn salsa at Chipotle. It's great on tacos, spooned on a burrito bowl, or eaten with chips. Makes about 6 cups salsa.

### **Ingredients:**

4 cups cooked sweet corn kernels

2 medium tomatoes, diced

1/2 sweet onion, diced

1-2 jalapeños, diced (remove seeds unless you like it really spicy)

2 T chopped cilantro

1 1/2 limes, juiced

chipotle chili powder, to taste

salt and fresh pepper to taste

### **Directions:**

Combine all the ingredients and refrigerate for about an hour.

## Elote (Mexican Grilled Sweet Corn)

*Adapted from [www.thekitchn.com](http://www.thekitchn.com); makes 4 servings*

### **Ingredients:**

4 ears corn

1/2 cup mayonnaise (or sour cream)

1/2 cup Cotija or feta cheese (Parmesan will work if you can't find it)

2 limes, cut into wedges

2 tablespoons chili powder

1 tablespoon cumin

salt

**Directions:**

Prepare a grill or grill pan with high heat. Keep corn in husks. Open up the husk and rub cooking oil around the ear. Close up the husk again. Place directly on grill. Cook for 10-15 minutes, turning occasionally, until husks are well blackened and the kernels are bright yellow.

If serving on the cob, remove husks and slather each ear with a generous spoonful of mayonnaise. Add the juice of one lime wedge per ear, followed by a pinch of salt, a healthy sprinkle of cheese and a light dusting of cumin and chili powder.

## Corn Tomato Salad

This salad is SOOOO good. Serves 6-8.

**Ingredients:**

2 T. extra-virgin olive oil

1 t. cider vinegar

1 1/4 lb. tomatoes, cut into bite-size pieces

1 bunch scallions, finely chopped, keeping white parts and greens separate

2 T unsalted butter

4 cups corn kernels (8 ears)

**Directions:**

Whisk together olive oil, cider vinegar, 3/4 t. salt, and 1/4 t. pepper. Toss tomatoes with the dressing.

While tomatoes marinate, cook the white parts of the scallions in butter with 3/4 t. salt and 1/2 t. pepper in a skillet over medium-high heat, stirring occasionally until golden about 4 minutes.

Add corn and sauté until tender, about 5 minutes.

Transfer to bowl and cool. Stir together corn, tomatoes and scallion greens.

## Cream of Corn Soup

**Ingredients:**

6 ears corn

2 cups 2% milk

1 tablespoon cornstarch

1 teaspoon sugar

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

4 slices bacon

1 cup chopped leek

**Directions:**

Cut kernels from ears of corn to measure 3 cups. Using the dull side of a knife blade, scrape milk and remaining pulp from cobs into a bowl. Place 1 1/2 cups kernels, low-fat milk, cornstarch, sugar, salt, and pepper in a food processor; process until smooth, scraping sides.

Cook bacon in a large cast-iron skillet over medium heat until crisp, turning once. Remove the bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon.

Add leek to pan, and cook 2 minutes or until tender, stirring constantly.

Add pureed corn mixture, remaining 1 1/2 cups corn kernels, and corn milk mixture to pan; bring to a boil. Reduce heat, and simmer for 3 minutes or until slightly thick, stirring constantly.

Sprinkle with the crumbled bacon just before serving.

## Tomato and Fresh Corn Quiche

*From Kim Dilloway, former CSA Customer*

**Ingredients:**

1 pie crust

1 Tbsp. extra virgin olive oil

2 yellow onions, thinly sliced

2 cups cherry or grape tomatoes, halved and seeded

2 ears corn, kernels sliced off

3 eggs

1 cup milk  
1 packed cup sharp white Cheddar  
2 Tbsp. fresh basil, chopped  
1 Tbsp. fresh chives, chopped  
salt and freshly ground black pepper

**Directions:**

Prepare crust. (Make sure to pre-bake the crust for 10-15 minutes in a 450 F oven until lightly browned.)

To caramelize the onions, heat 1 Tbsp. olive oil in a large skillet over medium heat. Add the onions and season with salt and pepper. Cook, stirring occasionally, until the onions are soft and golden brown, about 25-35 minutes, reducing the heat as necessary to prevent burning.

Preheat oven to 350 F. Scatter onions in the bottom of the pre-baked crust. Top with the tomatoes, corn, basil, and chives.

In a medium bowl, whisk to combine the eggs, milk, and cheddar. Season generously with salt and freshly ground black pepper. Pour over the filling.

Bake in preheated oven for 45-60 minutes, until the center is set and the top is golden brown. Let cool slightly before serving.

**Salmon with Sweet Corn, Tomato, and Avocado Relish** This is flat out amazing. One of my favorite dishes to make. The relish is the star of the show. Broil the fish in the oven if you don't want to grill.

**Ingredients:**

2 ears corn, husks and silks removed  
2 vine-ripened tomatoes, cored and cut into 3/4 inch pieces  
2 avocados, halved, pitted, and diced  
1/2 small red onion, finely chopped  
2 T. finely chopped fresh parsley  
3 T. extra virgin olive oil  
2 T. fresh lemon juice

coarse salt and ground pepper

4 skin-on salmon fillets (6 oz. each)

1/2 t. Creole seasoning

**Directions:**

In a large pot of boiling water, cook corn until tender, about 4 minutes. Cut off tip of each cob. Stand corn in a wide shallow bowl, and using a sharp knife, slice downward to release kernels. To bowl, add tomatoes, avocados, onion, parsley, 2 T. oil, lemon juice, 1 t. salt, and 1/4 t. pepper; toss to combine.

Heat grill to medium high. Clean and oil hot grates. Rub fish with 1 T. oil; sprinkle with Creole seasoning and season with salt and pepper. Grill fish, skin side down until skin is crisp, 4-5 minutes. Using a thick spatula, flip fish and cook until slightly pink in center, about 4 minutes more. Serve salmon with this amazing corn relish.

## Cream of Corn Casserole

*Adapted from TheKitchenWhisperer.net*

**Ingredients:**

1/2 cup milk, divided

1/2 cup heavy cream

2 T butter, unsalted

1 1/2 T sugar

2 T flour

1 tsp salt

4-5 cups corn kernels, fresh or frozen (thawed) – well drained

2 large eggs

1/4-1/2 cup shredded cheese (optional)

Chives for garnish

**Directions:**

Preheat oven to 400F, rack in the middle. Lightly spray a 2 quart baking dish.

In a medium-to-large saucepan over medium heat add in the cream, 1/4 cup milk, sugar and butter. Bring to a boil.

While the cream mixture is heating up make a slurry of the flour and remaining 1/4 cup milk by whisking together until well combined. Whisk together the eggs until well beaten.

Once the milk comes to a boil, add in the flour slurry and whisk until thickened slightly - ~30 seconds to a minute. Remove from the heat and add in the corn and salt mixing to combine.

Slowly add in the eggs while mixing the entire time – you do not want the eggs to curdle. Pour the mixture into the prepared baking dish.

Bake for 30 minutes or until the top is puffy and golden brown. \*See note if using cheese

Remove from the oven and allow to cool for 10-15 minutes before serving so it can firm up and set.

*\*Notes: If you're topping it with cheese remove the dish 25 minutes after baking. Sprinkle the cheese on and then return to the oven for another 5 minutes.*

## Corn, Tomato, Avocado, Bean Salad (or Dip)

This is a great salad from my friend Cindy Butler in Elmore, and now one of my go-to dishes for when I have to bring something to a party. Would also be a great dip for chips. Go easy on the olive oil.

### **Ingredients:**

2 c. black beans, rinsed and drained

1/2 c. corn

2 avocados, peeled, pitted, and diced

1/2 c. purple onion, chopped

1 sweet red bell pepper, finely chopped

1/2 c. fresh cilantro, finely chopped

1 1/2 t. sea salt

1 t. fresh ground black pepper

juice of 1 lime

1/2 t. ground cumin

1/2 t. turmeric

1/3 c. – 1/2 c. extra virgin olive oil (start with a third, and then see if you need to add more)

**Directions:**

In medium bowl, combine beans, corn, avocados, onion, pepper and cilantro. Mix gently to distribute ingredients evenly.

In a small bowl, mix together salt, pepper, lime juice, spices, and oil. Pour over beans and vegetables. Toss to distribute. Serve immediately or cover and chill.