



Corn

Corn grows in “ears”. Kernels grow in rows protected by silk like threads called corn silk and covered by a husk.

Store: Refrigerate immediately with husks on and use as soon as possible. To freeze: blanch on or off the cob for 3-5 minutes, rinse under colder water to stop the cooking process. Place in freezer bags and put in freezer.

Serve: Corn on the cob can be boiled for 6-10 minutes or roasted on the grill with the husk on for 20 minutes. Corn can also be steamed or even microwaved.

Prepare: Husk the corn just before using. Cut off any brown or insect eaten areas. Under cold running water rub the ear in a circular motion to remove the silk or scrub with a stiff vegetable brush.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Corn Recipe

How to cook fresh corn on the cob

Ingredients:

Corn on the cob
Butter (optional)
Salt (optional)
Pepper (optional)

Directions:

Husk and rinse ears of corn and place into a large stock pot.

Add about 4-5 inches of water to the bottom of the pot, and cover with a tight-fitting lid.

Heat until the water is at a good boil, and then time for 6-10 minutes.

Season with butter, salt, and pepper.

enjoy!



Source:
<http://www.tammysrecipes.com/node/2999>



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