

Corn



Selecting

There are more than 200 varieties of corn, divided into three main classes: normal, sugar-enhanced and supersweet. You will find corn that is white, yellow or bi-colour. When selecting fresh corn, look for corn whose husks are fresh and green and not dried out. Check to make sure the silk is golden and moist. Always look for corn that is refrigerated or kept in a shady spot.

Storing

Corn is best eaten the day it is bought but will keep for up to 3 days if stored properly. Keep corn wrapped in plastic and keep the husks on to help protect the flavour. Corn freezes well: Blanch the cobs for about 5 minutes,

place in heavy duty freezer bags and store in the freezer. Corn will keep up to a year in the freezer.

Preparing corn

There are a number of ways to prepare corn for cooking. You can shuck the corn which involves removing the husk completely and then removing the silk. An easy way to remove the silk is to use a damp paper towel and rub it gently up and down the corn. The silk will adhere to the paper towel. Alternatively you can rub off remaining silk using a vegetable brush. Next, break off or cut off any remaining corn stalk.

For cooking the shucked corn, just bring a large pot of cold water to a boil, add corn and cook until tender (3 to 8 minutes). Don't add salt to the water but you can add a small amount of sugar to improve the sweetness.

Eating

Eating corn on the cob when it is in season is best for flavour. Add sweet butter or margarine or just use lemon or lime and some seasonings. You can also remove the kernels from the cob and add them to stir fries, soups, salads, pancakes, puddings, muffins or just use as a side dish.

Seasonality

Corn is in season from July to October.

Nutrition

A medium ear of corn has 82 calories. It is a source of fibre and contains potassium, magnesium and folate. It is also a great source of phytochemicals.



Here is a great vegetarian soup to try.
www.halfyourplate.ca/recipe/corn-and-kale-chowder/

