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THE OHIO STATE  
UNIVERSITY

Extension Knox County

Presents

## *Getting Corny ....*

*Enjoying the bounty of Knox County Fresh Corn*

With

**Senior Certified Executive Chef Paul Higgins**

**Enjoying fresh, local corn is an annual event celebrated by young and old alike. Grilled, boiled, steamed or baked, enjoy now or preserve for the off season.**

Recipes provided by Senior Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association. In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of A Journey in Taste and Senior-dining.com, and is an Afflicted Scholar at Kenyon College Rural Life Center, Local Food and Aging project

Mr. Higgins works with local community organizations and educators throughout Knox County and Ohio to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.

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# Selecting, Storing, and Serving Ohio Sweet Corn

**F**resh sweet corn has long been an American favorite. In Ohio, the sweet corn season begins about July 1 and continues until the first frost (late September or early October). Fresh sweet corn is most plentiful from July 20 to September 15.

## Selection

- Top-quality sweet corn ears have fresh green husks and ears well-filled with bright-colored, plump, and milky kernels.
- Ears should be free of insect and disease damage.
- Husks and ears should glisten with moistness.
- Corn is overripe if indentions have formed in the kernels or kernel contents are doughy when broken.
- Contact your county Extension office for variety recommendations in Ohio. Newer super sweet varieties offer enhanced flavor and sweetness.

## Storage

- For highest quality, harvest and use ears promptly.
- If fresh sweet corn is to be kept for any period of time, husk, immerse in ice water, and refrigerate at a temperature near 32 degrees F.

## Yield

Due to many variables including moisture content, size, and variety, it is impossible to recommend specific quantities to buy. The following recommendations are approximations.

- One bushel of unhusked fresh corn weighs 35 pounds and has about 5 dozen ears.
- One bushel of unhusked corn yields 8 to 9 quarts, or 14 to 16 pints canned.
- One dozen ears yield two to four 12-ounce packages frozen.

## Nutrition

The “Dietary Guidelines for Americans” recommend that adults need 2–2½ cups of a variety of vegetables daily. Corn is a good choice to help meet this nutritional requirement. Corn can help elevate macular pigment in the eye to help protect against macular degeneration. Corn is a good source of carbohydrates for food energy. It contains some Vitamin A (yellow corn only), minerals, and protein. One cooked ear (5 inches by 1¾ inches) contains 85 calories; 1 cup canned sweet corn (solids and liquid) provides 170 calories.



### Safe Handling

Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce. To remove dirt, wash corn thoroughly in cold water. Drain and rinse several times. Do not use soap, detergent, or bleach as they can be absorbed by the vegetable. Lift corn from the water to prevent redepositing of dirt and residues.

### Serving

- Boiling is the most common method of cooking corn. Place corn in enough unsalted cold water to cover. (Salt toughens corn.) Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, as desired. Heat to boiling, and boil uncovered 2 minutes. Remove from heat, and let corn stand about 10 minutes before serving. Season with butter, salt, and pepper.
- Buttered—Allow 1 tablespoon butter per 2 to 3 cups cooked corn.

- Creamed—Mix 1 cup medium white sauce with 2 cups cooked corn.
- Scalloped—Arrange 2 cups of vegetables and 1 cup medium white sauce in alternate layers in a greased baking dish. Cover with buttered bread or cracker crumbs. Add 1/2 cup shredded cheddar cheese into the sauce for extra flavor, variety, and food value.
- Seasoned—Add basil, cayenne red pepper, celery seed, chili powder, or rosemary.
- Steamed—Arrange corn on steaming rack. Place rack in steamer over 1 inch of water. Bring to boil. Cover and steam for 10 minutes or until corn is tender crisp.

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## EMPOWERMENT THROUGH EDUCATION

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# Corn and Potato Chowder

## Ingredients:

1 tablespoon butter  
1/4 pound bacon, diced  
1 cup chopped onion  
3/4 cup chopped green pepper  
1/2 cup small diced carrot  
Kosher salt and black pepper  
1 tablespoon minced garlic  
2 tablespoons flour  
4 cups chicken broth  
4 cups peeled, finely diced potatoes  
2 cups fresh or frozen corn kernels  
1 cup half-and-half  
1/2 teaspoon dried thyme  
2 tablespoons chopped fresh Italian parsley

## Directions:

in a soup pot and melt butter over medium-high heat. Add bacon and cook until crisp. Remove the bacon and drain on paper towels. Save for later.

Pour off all but 1/4 cup of fat from the pot. Cook the onions and peppers, seasoning them with a pinch of salt and pepper cook until soft, add the garlic, cook for 1 minute more. Sprinkle in the flour and mix. Add broth and potatoes. Cover the pot and bring to a boil; lower the heat and simmer for 10 to 12 minutes, until the potatoes are tender. Add the corn. Cover pot and simmer 5 to 6 minutes longer.

Stir in the half-and-half. Season with thyme , salt, and freshly ground black pepper to taste. Sprinkle with parsley and bacon bits.

# Grilled Corn

## Ingredients:

Ohio sweet corn

## Directions:

Leaving the husks and silks intact, submerge the ears of corn in water, using a bucket or sink. Soak for at least two hours, or up to six.

When ready to cook, preheat the grill to medium high. Place the corn in a single row on the grill grate.

Cook with the lid lowered for 15 to 20 minutes, turning every five minutes until lightly browned on all sides.

Paul Higgins, CEC, HGT  
Knox County, Ohio,  
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# Grilled Corn Salad

## Ingredients:

6 ears fresh corn, husked with silks removed  
2 tablespoons canola oil  
Salt and pepper  
2 cups halved cherry tomatoes  
1 small red bell pepper, finely chopped  
4 scallions, finely chopped  
2 cups packed arugula

## Lemon Dressing:

1 lemon, juiced  
4 tablespoons olive oil  
Salt and freshly ground black pepper  
1 1/2 cups paprika  
3/4 cup sugar  
3 3/4 tablespoons onion powder

## Directions

Preheat grill or broiler to medium heat.

Rub corn with 2 tablespoons of canola oil and season with salt and pepper. Grill or broil corn for 7 minutes or until ears are lightly browned. Remove from grill and allow to cool. Remove the kernels from the cob and place in a large mixing bowl along with the cherry tomatoes, red pepper, scallions, and arugula.

Toss the salad with the dressing and serve at room temperature

## Corn Soup

### Ingredients:

1 diced onion  
6 ears corn shucked and cut off the cob  
1/2 stick butter  
4 cups chicken stock  
1 cup heavy cream

### Directions:

Sweat the onions and corn in butter over low heat with lid on. After onions are translucent, add chicken stock. Bring to a boil and simmer for 20 minutes. Season with salt and pepper, puree in a blender and put through a fine sieve. Heat and add 1 cup of cream at the last minute before serving.

## Fried Corn

### Ingredients:

2 cups fresh corn kernels, about 6 ears  
2 tablespoons butter, or use part bacon drippings  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
sugar, optional

### Directions:

In a heavy skillet, heat butter over medium-low heat until foamy. Add the fresh corn kernels; cook for 15 minutes, stirring frequently. Sprinkle with the salt and pepper. Taste and adjust seasoning, add about 1 teaspoon of sugar if desired.



# Corn Salsa

## Ingredients:

1/2 small poblano chile pepper, seeded  
3 teaspoons extra-virgin olive oil  
Kosher salt  
1 cup fresh corn kernels (from 2 ears), or 1 cup frozen corn, thawed  
1 small jalapeno pepper, seeded and chopped  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped red onion  
2 tablespoons fresh lime juice  
1/2 teaspoon sugar

## Directions:

Preheat a grill to medium high. Brush the poblano with 1 teaspoon olive oil and grill, skin-side down, until charred but still firm, about 5 minutes. Cool slightly; peel and finely chop.

If using fresh corn, bring a small pot of salted water to a boil. Add the corn and cook until tender, 2 to 3 minutes; drain.

Mix the corn (if using frozen, add it here), poblano, jalapeno, cilantro and red onion in a bowl. Stir in the remaining 2 teaspoons olive oil, the lime juice, sugar and 1/2 teaspoon salt.

# Corn Relish

## Ingredients:

1/4 cup white wine vinegar  
1 Tbsp. sugar  
2 cups grape tomatoes, halved  
1 cup yellow corn kernels, grilled  
(from about 2 ears)  
1/2 cup red onion, slivered  
2 Tbsp. minced flat-leaf parsley  
1 Tbsp. chopped fresh chives  
1 Tbsp. thinly sliced fresh basil  
Salt and pepper to taste  
3 Tbsp. brown sugar  
1/2 tsp. kosher salt

## Directions:

Preheat grill to medium.

Combine vinegar and sugar for the in a large bowl, whisking until sugar is dissolved.

Add tomatoes, corn, onion, and herbs to the vinegar mixture; season with salt and pepper, and toss to coat. Cover and chill relish until ready to serve

# Corn Cakes

## Ingredients:

1 cup corn, cut from 2 roasted ears  
1/2 cup roasted red pepper, peeled and diced

1 cup all-purpose flour  
1/3 cup corn meal  
1 t. salt  
1/2 t. baking soda  
1/2 t. baking powder  
1/2 t. black pepper

3/4 cup milk  
1/3 cup buttermilk  
2 egg yolks  
1 1/2 T. melted butter

## Directions:

Mix dry ingredients

Mix milk, eggs and butter

Combine all ingredients

Let batter rest for 30 minutes  
Form cakes

Sauté in vegetable oil



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