

Corn Curry

3 tablespoons butter or margarine
¼ to ½ teaspoon curry powder
½ teaspoon salt
2 tablespoons chopped green pepper or pimiento
2 tablespoons chopped onion
2 cups corn, cooked and drained
½ cup sour cream

In a skillet, melt butter or margarine over low heat; add curry powder, salt, green pepper or pimiento, and onion. Continue cooking over low heat until pepper and onion are just tender. Stir in sour cream and corn. Continue heating over low heat, stirring constantly, until thoroughly heated.

Yield: 4 servings

Recipes and directions for freezing, canning, and drying sweet corn can be found in the Home Economics Guidesheet *Quality for Keeps* series:

GH 1454, *Canning Vegetables*

GH 1503, *Freezing Vegetables* (new in spring 1986)

GH 1563, *How to Dry Foods at Home*

Also, Lincoln University Guide Sheet, *Sweet Corn* (#EP 220h), Easy Gardening Series.

These publications are available from your county extension center.

Contact:

Produced in cooperation between the Missouri Cooperative Extension Service and the Missouri Department of Agriculture.

Logo designed by Jeanne Bintzer

Reference

Practical Cookery.

AgriMissouri

■ Issued in furtherance of Cooperative Extension Work Acts of May 8 and June 30, 1914 in cooperation with the United States Department of Agriculture. John W. Oren, Director, Cooperative Extension Service, University of Missouri and Lincoln University, Columbia, Missouri 65211. ■ An equal opportunity institution.

MP 584

MAY 05 1986



Developed by:

Barbara Willenberg, Coordinator, Food and Nutrition Resource Network
Karla Hughes, State Food and Nutrition Specialist
Lyn Konstant, State Food and Nutrition Specialist

High quality corn has tender kernels that are milky and well-developed. Kernels should be large enough to be compact on the cob with no space between the rows. Also, the ear should be filled to the tip with no rows of missing kernels.

Kernels that are too large will be chewy and pasty like dough. They should be just firm enough that slight pressure will puncture the kernel, releasing the milky-white juice. If juice is watery, the sweet corn is not ready. When buying sweet corn in the husk, look for a bright green color, snug husks and dark brown silk.

The keys to "good eating" when it comes to sweet corn are to harvest at peak ripeness and store properly - if it can't be eaten right away. However, the sooner it is used, the sweeter it will be! Canning, freezing or drying sweet corn will extend shelf life and provide your family with corn throughout the year.

Sweet corn is delicious when prepared on the cob. Without added butter or salt, one ear (approximately 6 inches long) contains 150 calories. It also contributes carbohydrate, a fair amount of Vitamin A (yellow varieties, only), and only a trace of sodium.

Using and Preserving Sweet Corn

Fresh Facts

- Eat corn as soon as possible after harvest for maximum sweetness.
- If sweet corn cannot be eaten right away, leave in husks, remove long shanks and store uncovered in the refrigerator.
- When refrigerating, cool rapidly to below 40°F to retain sweetness and tenderness because the sugar in corn turns to starch quickly at higher temperatures.
- For best eating quality, do not store sweet corn in the refrigerator for more than two days. For longer storage, preserve by freezing, canning or drying.

Freezer Facts

- Sweet corn can be frozen on the cob or cut off the cob. However, preserving will not improve the quality of the corn, so always start with high quality produce.
- Only tender, freshly gathered corn in the milk stage should be selected for freezing. Husk and trim the ears, remove silks and wash.
- Before freezing, corn must be blanched to destroy the enzymes that will cause flavor and color changes during storage.
- Corn should be packaged in moisture/vapor proof wrapping or containers for freezer storage.
- Corn can be stored in the freezer at 0°F for about 10 months.
- Frozen sweet corn may be substituted for fresh or canned corn in most recipes.

Canned Facts

- Corn may be canned as whole kernel or creamed. However, preserving will not improve the quality of the corn, so always start with high quality produce.
- Only tender, freshly gathered corn in the milk stage should be selected for canning. Husk and trim the ears, remove silks and wash.
- For cream-style corn, cut corn from cob at the center of the kernel and scrape cob. For whole kernel corn, cut corn from cob at about $\frac{2}{3}$ the depth of the kernel. Do not scrape the cob.
- Corn is a low-acid vegetable and **must be** processed in a pressure canner for safety. Hot packing is the **only** method recommended for filling jars.
- Because cream-style corn is thicker than whole kernel corn, it should be canned in pint jars only so that heat can penetrate throughout the product.
- Whole kernel canned sweet corn may be substituted for fresh or frozen corn in most recipes. Creamed corn should be used in recipes specifically calling for cream-style.



Dried Facts

- Select sweet corn to be dried the same as for canning or freezing.
- For best quality, do not dry corn that has been freshly harvested. Remove husks and silk and wash thoroughly.
- Blanching is necessary to retain color and flavor of sweet corn during the drying process and storage.
- Corn will be dry and brittle when moisture is fully removed. Package in moisture/vapor proof containers and store in a cool, dry, dark place.
- Dried corn should be rehydrated, or refreshed, before using in recipes calling for fresh, canned or frozen corn. Drain any water left after rehydration is completed.

Recipes

Corn Souffle

- 2 tablespoons margarine
- 4 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk*
- $\frac{3}{4}$ cup corn, well-drained
- 2 tablespoons chopped pimiento or green pepper
- 3 egg yolks, beaten
- 3 egg whites, stiffly beaten

Thick White Sauce: In the top of a double boiler, melt margarine. Add flour and salt, stirring until smooth. Add milk and cook until thick.

*Meat or vegetable broth may be substituted for milk.

Add corn and pepper to hot white sauce. Stir in egg yolks. Remove sauce from heat and fold in egg whites. Pour mixture into an **ungreased** 1½-quart casserole. Set in a pan of hot water and bake at 350°F until firm, approximately 45 to 60 minutes. Test by inserting a sharp pointed knife in the center—if it comes out clean, the souffle is done.

Serve at once.

Yield: 4 servings

