

Cajun-Style Corn and Tomato with Fried Okra

Gourmet | July 1992

- 1 onion, sliced thin
- 2 tablespoons unsalted butter
- 1 tablespoon vegetable oil plus additional for frying the okra
- 3 cups fresh corn kernels including the pulp scraped from the cobs (cut from about 4 ears of corn)
- 1 tomato, seeded and chopped
- 1/2 cup heavy cream
- 1/4 cup water
- 1/4 pound okra, rinsed well and patted dry
- cornmeal seasoned with salt and pepper for coating the okra

In a heavy saucepan cook the onion in the butter and 1 tablespoon of the oil over moderate heat, stirring occasionally, until it is golden, add the corn, the tomato, the cream, and the water, and cook the mixture, covered, over moderately low heat, stirring occasionally, for 20 minutes. Season the corn mixture with salt and pepper and keep the mixture warm, covered.

Cut the okra into 1/4-inch-thick slices, in a bowl toss it with the seasoned cornmeal, and shake it in a coarse sieve to knock off the excess cornmeal. In a deep skillet heat 1/2 inch of the additional oil over moderately high heat until it is hot but not smoking and in it fry the okra in batches for 1 to 2 minutes, or until it is golden, transferring it with a slotted spoon as it is fried to paper towels to drain. Serve the corn mixture topped with the fried okra.

Charcoal-Grilled Corn with Cream, Cheese and Chile

Rick Bayless with Deann Groen Bayless

Epicurious | April 1987

- 6 ears fresh sweet corn, in their husks
- 3 tablespoons unsalted butter, melted
- About 1/2 cup thick cream or commercial sour cream mixed with a little milk or cream
- 1/3 cup crumbled Mexican *queso anejo* or *queso fresco* or cheese like Parmesan, feta or farmer's cheese
- About 1 tablespoon hot powdered chile

Preliminaries: about an hour before serving, place the ears of corn in a deep bowl, cover with cold water and weight with a plate to keep them submerged. Light your charcoal fire and let it burn until the bed of coals is medium hot - adjust the grill 4 inches above the fire.

Grilling the corn: lay the corn on the grill and roast for 15 to 20 minutes, turning frequently, until the outer leaves are blackened. Remove, let cool several minutes, then remove the husks and silk. About 10 minutes before serving, brush the corn with melted butter, return to the grill and turn frequently until nicely browned. Serve right away, passing the cream, cheese and powdered chile for your guests to use to their own liking.

Corn and Zucchini Saute

Tested till Perfect | www.cbc.ca/bestrecipes

- 1 tbsp (15 mL) vegetable oil
- 3 green onions, sliced
- 1 zucchini, halved lengthwise and sliced
- 1/2 tsp (2 mL) dried oregano
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- 2 cups (500 mL) fresh or frozen corn

In large skillet, heat oil over medium heat; fry onions, until softened, about 3 minutes. Add zucchini, oregano, salt and pepper. Fry, stirring occasionally, until zucchini is tender-crisp, about 3 minutes. Stir in corn; sauté until hot, about 3 minutes.

Corn Fritters

S. Brewer

2 cups flour
1 tablespoon baking powder
1.5 teaspoons salt
2 tablespoons sugar
4 eggs yolks
2 tablespoons melted butter
4 beaten eggs whites
2 cups corn

Mix dry ingredients. Beat egg yolks, add yolks and milk to dry ingredients. Blend in butter. Add egg whites and corn. Cook on medium high until golden brown (like pancakes).

Dilled, Crunchy Sweet-Corn Salad with Buttermilk Dressing

food52.com

1 clove shallot, halved lengthwise and thinly sliced
3 ears of fresh, uncooked corn, the kernels scraped from the cobs with a sharp knife (about 2 3/4 cup)
4 cucumbers, quartered lengthwise and sliced crosswise into 1/2 inch dice
1 long red sweet pepper, seeded, ribs removed and diced
1 small handful fresh dill (about 4 smallish sprigs), minced
1/4 cup minced fresh parsley
crumbled Feta cheese, rinsed, as a garnish
1/4 cup buttermilk
2/3 cups plain European style thin yogurt, stirred
1 tablespoon white-wine vinegar
3 tablespoons minced Vidalia or other sweet onion
1 small clove garlic, minced and mashed with a pinch of salt
1/4 cup extra-virgin olive oil
salt and freshly ground pepper to taste.

Salt the shallot slices in 1/2 t. salt and allow to sit about 20 minutes to draw out any harshness. Rinse well with water and pat dry with a paper towel. In a large bowl toss the corn kernels lightly to separate them, add the shallot and the remaining salad ingredients and toss again to combine.

In a smaller bowl combine the buttermilk, vinegar, onion, yogurt, and garlic and whisk to combine. Add the oil in a slow stream, whisking, until amalgamated. Season with freshly ground pepper and salt to taste.

Serve the salad slightly chilled, garnished with the feta cheese. Pass the dressing separately

Fresh Corn Taco

John Mitzewich | americanfood.about.com

- 2 ears fresh sweet corn, husk and silk removed
- 2 tbsp vegetable oil
- 8 oz chopped cooked pork, chicken, or beef (leftover barbe
cue is perfect!)
- 1/2 lime, juiced
- 1/2 cup prepared salsa
- 1/4 tsp ground chipotle pepper
- salt and fresh ground black pepper to taste
- 1/3 cup chopped fresh cilantro leaves
- 6 flour or corn tortillas

Over a large bowl, carefully shave the corn kernels off the cob. Add the oil to a large skillet, and heat over med-high flame until hot. Add the corn and chopped meat. Cook for about 3 minutes - just time enough to heat the meat and slightly caramelize the corn. Add the lime juice, salsa, chipotle, and, salt and fresh ground black pepper. Cook for 2 minutes. Turn off the heat, and stir in the cilantro. Transfer into a bowl, and wipe out the pan with a paper towel. If desired, warm the tortillas in the pan for a minute per side, and serve filled with the corn mixture.

Golden Summer Squash & Corn Soup

Eating Well | July/August 2009

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash (approx 1 lb), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 14 oz can chicken or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels (from 1 large ear) - note: after cutting off kernels, use dull edge of knife to press down the length of the ear to push out the rest of the corn and milk
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

Heat oil in large saucepan, add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until squash starts to soften, 3 to 5 minutes. Add broth and salt, bring to a boil. Reduce heat to a simmer and cook until squash is soft and mostly translucent, about 5 minutes. Transfer to a blender and puree until smooth. Return soup to pan, add corn. Bring to a simmer over medium heat, stirring occasionally, until corn is tender, 3 to 5 minutes. Remove from heat, stir in lemon juice. Serve garnished with the remaining herbs and feta.

Green Bean Succotash

Tina Miller | Bon Appétit | June 2009

- 8 ounces green beans, trimmed
- 2 tablespoons olive oil
- 1 cup frozen lima beans, thawed
- 1 cup fresh corn kernels (cut from 2 medium ears)
- 3/4 cup diced red bell pepper
- 2 tablespoons (1/4 stick) butter
- 1/2 teaspoon Old Bay seasoning

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain.

Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and Old Bay; season to taste with salt and pepper.

Okra and Corn Maque Choux

Southern Living July 2010

1/4 pound spicy smoked sausage, diced
1/2 cup chopped sweet onion
1/2 cup chopped green bell pepper
2 garlic cloves, minced
3 cups fresh corn kernels
1 cup sliced fresh okra
1 cup peeled, seeded, and diced tomato
Salt and freshly ground pepper to taste

Sauté sausage in a large skillet over medium-high heat 3 minutes or until browned. Add onion, bell pepper, and garlic, and sauté 5 minutes or until tender. Add corn, okra, and tomato; cook, stirring often, 10 minutes. Season with salt and pepper to taste.

Poblano, Corn and Potato Gratin

www.epicurious.com

3 teaspoons olive oil, divided

2 large fresh poblano chiles,* stemmed, seeded, cut into 2 x

1/4-inch strips

1 1/4 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds

1 cup frozen corn kernels, thawed

1 cup coarsely grated Oaxaca cheese or whole-milk mozzarella cheese, divided

1 1/2 cups half and half

2 tablespoons all purpose flour

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil. Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat. Add poblano strips and sauté until tender, about 5 minutes. Remove from heat. Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish. Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese. Place pie dish on rimmed baking sheet. Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl. Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil. Bake 30 minutes. Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer. Let stand 10 minutes before serving.

Sautéed Sweet Corn and Grape Tomatoes

www.mygourmetconnection.com

4 ears of sweet corn (about 2 cups of kernels)

1 pint grape tomatoes or cherry tomatoes

3 tablespoons butter

2 tablespoons semi-dry white wine (Riesling is a good choice)

Salt and pepper to taste

3 tablespoons parsley, chopped

Shuck ears of corn, removing all silks and steam until just tender in the microwave (approximately 6 minutes on high for four ears of corn). Carefully de-kernel all four ears into a shallow bowl.

Wash grape tomatoes and halve them.

Melt butter in a pan over medium heat and add tomatoes and corn. Toss to coat in melted butter. Add salt and pepper to taste.

Saute for a few minutes and then add the white wine. Bring to a simmer and cook until tomatoes and corn soften. Toss in chopped parsley and serve.

Scrambled Eggs with Fresh Corn, Goat Cheese, and Oven-Roasted Tomatoes

www.thekitchn.com

Serves One

2 thick slices of tomato (1/4 to 1/2 inch thick)

olive oil

salt and pepper

1 medium ear corn, with the husk still on

1/2 tablespoon unsalted butter

2 eggs, beaten

2 ounces goat cheese

Heat your oven's broiler on high. Drizzle the tomato slices with a bit of olive oil, coating both sides, and season with salt and pepper. Put them on a baking sheet and broil in the oven for 8 to 10 minutes, until beginning to caramelize on top. While the tomatoes are cooking, microwave the corn (in its husk) for 3 minutes on high. Remove from the microwave and let cool for a few minutes, then strip off the husk and cut the kernels from the cob.

Heat the butter in a nonstick frying pan over medium heat. Add the corn, season with salt and pepper, and cook for 1 minute. Add the eggs and scramble (this shouldn't take more than a minute, although if you like your eggs creamy, you may want to lower the heat and cook them more slowly). Turn off the heat and crumble in the goat cheese.

Use a spatula to transfer the tomato slices to a plate, then top with the eggs. Season with more salt and pepper to taste.

Smoky Corn and Jalapeno Dip

www.thekitchn.com

- 2 large ears of corn, husks on
- 2 jalapeno peppers
- 1/2 cup mayonnaise (I prefer Duke's Light)
- 1/2 cup sour cream (I prefer light)
- 1/2 cup grated cheddar cheese
- 1/2 cup grated pepper jack cheese
- 1/4 teaspoon Pimentón de La Vera (smoked paprika)
- 1/4 teaspoon kosher salt, or to taste

Set grill to medium high heat. Grill the corn with the husks on for 20 minutes, rotating every 5 minutes, until outsides are lightly charred. In the last 5 minutes, add the jalapeno peppers and cook until lightly blackened. Remove the husks and silks from the corn and cut the kernels off of the cob. Seed and mince the jalapeno peppers, reserving seeds if more heat is desired. In a large bowl, mix corn, jalapeno, mayonnaise, sour cream, cheddar, and pepper jack until well combined. Add smoked paprika and kosher salt. Taste for seasoning and adjust if desired.

Chill until ready to use. Serve with classic potato chips (my preference) or tortilla chips.