

Freezer Corn - Off the Cob

Ingredients

Fresh corn on the cob, any amount you wish

Instructions

1. Husk corn and remove silk.
2. Bring large stock pot 3/4 full of water to a boil. Place 3-5 cobs (depends on size) in pot of boiling water.
3. Blanch the cobs of corn in the water for 5-6 minutes. Larger cobs will take more time.
4. Start timer as soon as the corn enters the water. Do not wait for the water to come to a boil again. Remove corn with tongs. Place in container of ice water to cool and stop the cooking process.
5. Allow the corn to sit in the water for at least 2 minutes. Keep this water cold. Add ice if necessary. Remove the corn from the cold water and allow to drain.
6. To remove kernels of corn, use a Bundt cake pan. Place the pointed end of the ear of corn into the hole of the Bundt pan. Use electric knife to remove the kernels; they will fall into the pan.
7. Place kernels into freezer bags, removing as much air as possible. Flatten out and freeze. Incredibly good in the middle of the winter!

Kitchen Classroom

Corn cut from the cob has amazingly sweet flavor that purchased frozen or canned corn can't deliver. This summer, try freezing freshly picked sweet corn to retain optimal flavor and texture. Sweet corn season generally runs from May - September.

Buying local is ideal when it comes to sweet corn because of its short shelf life. Choose ears with plump, milky kernels that run all the way to the tip in tightly packed rows. As soon as the ears are picked, the sugars start converting to starch, reducing the corn's natural sweetness. Cook or blanch and freeze corn the day it is picked.

Nutrition Information per serving

Serving Size: 1 ear per serving

Calories: 59

Fat: 1 gm

Sodium: 3 mg

Fiber: 2 gm

Carbohydrates: 14 gm

Protein: 3 gm

