

SWEET CORN

Types

Sweet corn comes in a range of kernel colors: yellow, white, and bicolor (yellow and white).

Selection Info

Look for fresh, green husks that are insect-free. If the kernels are visible, make sure they are plump.

Preparation

Sweet corn is most often eaten cooked. Peel or “shuck” the outer green leaves and remove the silks. If you see insect feeding damage on the tip end, simply cut off the end of the ear.

Sweet corn can be cooked anywhere from 30 seconds to 3 minutes, depending on how “done” you like it. Once cooked, it can be eaten directly off the cob or sliced off and used in recipes. To slice corn from the cob, use a very sharp knife (do not use a serrated knife). Hold the ear firmly at the tip and carefully shave off the corn kernels at their base, without cutting the cob. Each ear will produce about $\frac{3}{4}$ cup of corn.

Boil: Shuck corn. Boil a large pot of water with 1 tablespoon of salt and then add corn. Cook for 3-5 minutes.

Steam: Shuck outer husks and silks from corn. In a steamer, add 1 inch of water to the bottom and bring to a boil. Place corn in a basket above boiling water for 7-10 minutes.

Microwave: Leave corn in husks, place in the microwave, and cook them on high for 4-6 minutes. Let corn cool and then pull off husks and silk.

Grill: Heat grill to medium-hot, pull back the husks, but leave them attached. Remove the silks and brush corn with olive oil. Pull husks back over corn and wrap with aluminum foil. Turn corn occasionally while grilling for about 15 minutes. Let corn cool, then remove husks. Alternatively, shuck only the outer leaves of the ear and remove the silks, leaving a few layers of leaves around the ear. Soak the ears in water for a few minutes while heating the grill. Lay the ears directly on the hot grill and grill, covered, for about 20 minutes, turning every few minutes. Remove charred leaves.

Storage

Short-Term Storage: Corn is best eaten the day it is picked. The sugars in corn begin to convert to starch very quickly so you should purchase only what you can eat in a few days. Store sweet corn in the refrigerator with the husks on or off — of course, shucked corn will fit in the fridge much more easily. Raw corn cut off the ears will last only a day or two in the refrigerator before turning sour. Cooked corn that is cut off the ears will last in the refrigerator about 4 to 5 days.

Long-Term Storage: Corn is one of the best vegetables to freeze because the quality of home-frozen corn is superior to commercial products.



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CORN ON THE COB WITH CHILI LIME BUTTER

Ingredients


- 4 tablespoons salted, light margarine
- 1 teaspoon grated lime peel
- 1 tablespoon fresh lime juice
- 1 teaspoon chili seasoning
- 4 ears of yellow corn-on-the-cob (fresh and in the husk)

Directions

1. In a small bowl, combine margarine with lime peel, lime juice, and chili seasoning. Mix until all the juice has been incorporated into the margarine.
2. Cover and allow to stand for at least 30 minutes.
3. Remove outer leaves of corn husks, leaving inner leaves. Remove as much silk as possible. Rinse ears in cold water, and place all four ears in plastic storage bag. Close the bag, leaving about 1-inch unsealed.
4. Place corn in microwave and cook on high for 6 minutes. Carefully turn bag over and cook on high for 4 more minutes.
5. Remove corn carefully and allow to cool briefly. Then, peel the remaining husk and silk.
6. Serve hot with 1 teaspoon chili lime butter for each serving.



Learn more about **SWEET CORN** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=sweet corn](https://extension.purdue.edu/foodlink/food.php?food=sweet%20corn).

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Nutrition Information

Serving Size	1 ear/cob
Nutrients	Amount
Total Calories	148
Protein	5g
Carbohydrates	27g
Dietary Fiber	4g
Total Fat	4.4g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	45mg