

Kehrli Sweet Corn

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Our Sweet Corn Recipes



Recipes from the best country cooks

You've ordered the best Iowa Sweet Corn...so now here's our suggestions for cooking. The tastiest recipes we know!

Basic Boil

It's quick and easy. Just husk, remove silks and add the Kehrli Sweet Corn to boiling water for 3 to 5 minutes; remove and serve. Butter and salt to taste.

Microwave

Individually wrap one or two ears of husked Kehrli Sweet Corn in waxed paper or place several ears in a covered microwavable dish with 2 to 3 tablespoons of water. For wrapped ears cook on high 3 to 6 minutes, or 5 to 7 minutes if cooking in a dish.

Barbequed Sweet Corn

1. Take six ears of fresh Kehrli Sweet Corn.
2. Cut the silk end off with a sharp knife about an inch down from end of the ear, and leave the corn in the husk.
3. Submerge all six ears in a bowl of cold water for about 10 minutes while the grill is heating up.
4. With the grill on medium heat place the corn, husk and all, onto the grill.
5. Cook the corn for about eight to 10 minutes on medium heat, turning the corn every couple of minutes.

If a husk leaf or two gets burned, it's not a problem. The corn will be steamed inside the husk, and will have a fantastic flavor. Steaming is the preferred method of cooking corn. When it is boiled, up to 50 percent of the vitamin C is destroyed.

CREAMY FRESH SWEET CORN CHOWDER

3 ears fresh Kehrli Sweet Corn, shucked (about 2-1/4 cups)
3 tablespoons butter
3/4 cup chopped onion
3 cups milk

2 tablespoons flour
2 cups diced peeled potatoes
3/4 cup diced ham (about 4 ounces)
1 teaspoon salt
1/8 teaspoon ground black pepper

1. Cut kernels from cobs by holding each ear upright on the wide end and using a sharp knife; reserve kernels and the cobs.
2. In a medium saucepan over medium heat, melt butter.
3. Stir in onion; cook and stir until tender, about 5 minutes.
4. In a bowl, thoroughly combine milk with flour.
5. Stir into saucepan; add potatoes, ham and reserved corn cobs.
6. Cook, covered over very low heat, until soup is thickened slightly and potatoes are tender, about 20 minutes, stirring occasionally.
7. Remove and discard cobs; add reserved corn kernels, salt and pepper; simmer until hot, about 5 minutes.

Yield: 6 cups

FRESH SWEET CORN AND MOZZARELLA SALAD

4 ears fresh Kehrli Sweet Corn, husked
1 cup sliced celery
1 cup cubed smoked mozzarella cheese
1/2 cup diced sweet red bell pepper
1/2 cup sliced black olives
1/3 cup bottled Italian dressing

1. With a sharp knife, cut kernels from sweet corn cobs (makes about 3 cups).
2. In a large bowl combine corn kernels, celery, cheese, red pepper and black olives.
3. Add Italian dressing; toss until well coated.
4. Serve as a main or side dish or on lettuce leaves, if desired.

Yield: 5 cups

Iowa Corn Au Gratin

6 ears of Kehrli Sweet Corn
3 tablespoons butter or margarine
1 small onion, finely chopped
1 green bell pepper, cored, seeded, and finely chopped
3 tablespoons all-purpose flour
2 cups milk
1 cup shredded cheddar cheese
2 eggs, well beaten
1 teaspoon sugar

Salt and pepper to taste
1/2 cup bread crumbs

1. Preheat oven to 350 degrees F.
2. Grease a 2-quart casserole dish.
3. If fresh corn is used, remove husk and silk, and cut kernels from cob.
4. In a large frying pan over medium heat, melt butter or margarine.
5. Add onion and bell pepper and sauté until tender; stir in flour and then add milk.
6. Cook, stirring constantly, until mixture has thickened and is smooth.
7. Remove from heat; add corn, cheddar cheese, eggs, sugar, salt, and pepper.
8. Pour into prepared casserole dish and top with bread crumbs.
9. Set into a shallow pan of hot water and bake 45 minutes.
10. Remove from oven and serve immediately.

Yield: 6 servings

Fresh Corn Frittata with Smoked Mozzarella

1.5 cups fresh corn kernels (about 3 ears Kehrli Sweet Corn)
1/4 cup shredded smoked mozzarella cheese
1 tablespoon chopped fresh basil
1/4 teaspoon salt
1/4 teaspoon black pepper
5 large egg whites, lightly beaten
2 large eggs, lightly beaten

1. Preheat broiler.
2. Coat a medium pan with cooking spray.
3. Add corn and sauté for 5 minutes.
4. Combine corn, 2 tablespoons cheese, basil, and the remaining ingredients in a bowl and stir.
5. Heat a skillet over medium heat.
6. Coat pan with cooking spray; add the corn mixture. Cover and cook 5 minutes or until almost set.
7. Sprinkle with 2 tablespoons cheese.
8. Wrap handle of pan with foil.
9. Broil for 5 minutes or until set and browned.

Yield: 4 servings.

Corn Fritters

1 Cup Corn (cooked and removed from the cob)
1 ½ Teaspoon Salt Egg
½ Teaspoon Baking Powder
1/4 Cup Milk
1/4 Cup Flour Oil, or Shortening, for frying

1. Combine all ingredients except for the oil or shortening into a blender container.
2. Cover and blend on high speed for 15 seconds.
3. Drop batter into a skillet containing 1 inch of hot shortening or vegetable oil.
4. Fry, over medium heat, until well browned.
5. Dusting with powdered sugar is optional.

Yield: approximately 12 small corn fritters

Sopa de Elote – Mexican Corn Soup

This easy Mexican recipe tastes best with fresh corn but you can substitute frozen or canned for a year-round side dish. The secret in its rich flavor involves scraping the cob to remove extra pulp and juices.

8 ears of fresh Kehrli Sweet Corn
1 medium onion, chopped
2 cans chicken broth (14.5 oz ea.)
2 cups water +
¼-1/2 cup reserved
4 Roma tomatoes, blanched, skin removed, and chopped
1 Poblano or Anaheim pepper, cut in short, thin strips
1 jalapeno pepper, minced (optional)
1 clove garlic (smashed) ½ cup light cream
1 Tablespoon fresh chopped cilantro (or 2 tablespoons dried)
½ teaspoon dried oregano
Salt and pepper to taste
Vegetable oil (about 2 tablespoons)

1. Cut kernels from the cob. Place the large end on the cutting board and use a sharp knife to cut with a downward motion.
2. With a spoon, scrape (into a bowl) the pulp and extra juices from cob. Set aside.
3. Add vegetable oil to skillet and sauté chopped onion, garlic, peppers, and jalapeno.
4. In large saucepan combine broth, water, half the corn kernels. Add the sautéed onion, garlic, and jalapeno. Add dried oregano (and cilantro if using dried). Bring up heat to medium.
5. In blender or processor, puree rest of corn, the pulp/juice mixture, tomatoes, and ¼ reserved water (add more water if necessary). Place pureed mixture in a strainer (standard mesh) and press with a spoon.

6. Add the strained mixture to the saucepan with other ingredients. Bring to a boil, then reduce to a simmer.

7. Test and add salt and pepper as needed. Cook for about 20-30 minutes.

8. Add cream and low-simmer for another 10 minutes or until heated through. If using fresh cilantro, add for the last five minutes of cooking time.

Yield: serves approximately 6