Corn is one of America’s favorite summertime vegetables. But did you know that it’s actually our country’s number one field crop? And not surprisingly, Corn is used in countless manufactured products and is one of the most versatile foods in the culinary repertoire. We enjoy corn boiled, grilled, roasted, in muffins, breads, casseroles, soups, sauces, fillings and desserts. We invite you to enjoy this summer’s crop of sweet corn in one of these delicious recipes. Bon Appetite!

### Featured Recipe

**Zesty Sweet Corn Salsa**

Makes Approximately –8 Cups

- 2 Cups  Sweet Corn Kernels (Raw)
- 2 Cups  Black Eyed Peas, Cooked or Canned & Drained
- 2 Cups  Red Onion, Diced 1/4 Inch
- 2 Each  Red Peppers, Seeded & Diced 1/4 Inch
- 6 Stalks  Green Onion, Chopped
- 4 Each  Roma Tomatoes, Seeded & Diced 1/4 inch
- 4 Tbsp  Cilantro, Fresh, Chopped
- 2 tsp  Jalapeno Pepper with Seeds, Minced

Mix all above ingredients together in a medium size bowl. One hour before serving, stir in the dressings below:

- 1 Cup  Zesty Italian Dressing
- 1 Cup  Sweet & Spicy French Dressing

*Served the chilled Fresh Sweet Corn Relish Dip with BIG SCOOP FRITOS CORN CHIPS

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**Sweet Corn Cooking Techniques and Tips**

**To enjoy Fresh Sweet Corn at its finest. Follow these simple steps.**

**Cooking in Water** Bring the water to a boil. Salted water is OK, but only in moderation. Peel the ears, remove the silk and place in the boiling water. Return the water to a simmer only and cook about 3 to 5 minutes after the water comes to a simmer. Cooking any longer will tend to leach the flavor from the corn into the water and give you a less flavorful ear. Less sweet fresh corn, can be simmered in milk water (4 parts water to 1 part milk) which gives the corn a more natural sweet flavor from the lactose sugar the milk provides.

**Corn Grilling or Roasting** Corn roasting is done on the grill, either over charcoal or a gas flame. The ear should first be submerged in water a minimum of 6 to 8 hours to saturate it, then grilled on a medium hot grill (350F to 400F). The husk may be stripped part way back, the silk removed, seasoned with melted butter, salt and pepper, then laid back over the ear and secured with a metal twist tie, or you can just leave the silk on in its natural state and proceed with grilling. In either case, the corn will begin to hiss when it cooks as the water steams inside the husk. Turn the ears over on all sides and cook for about 10 minutes after you begin to hear the hiss. Don’t worry if you burn the husk, it adds a wonderful flavor to the corn. When the corn is done, the husk and silk will peel back easily and you can use the bottom stalk as a handle.

**Cut Corn From the Ear** Husk fresh corn ears, remove the silk and place the stem end of the corn on a cutting surface. With a sharp knife, shear off the kernels in a downward stroke, being careful not to cut into the cob too deeply. Place the kernels in a sauté pan and sauté with butter, salt & pepper until tender.
**Corny Facts**

Shoe Peg Corn is a particularly small, white variety of Sweet Corn. Kernels that are allowed to mature to hard grains are used as seed corn or ground into corn flour.

An ear of corn averages 800 kernels in 16 rows and a pound of corn consists of approximately 1,300 kernels.

Over 55% of Iowa's corn goes to foreign markets. The rest is used in other parts of the United States.

Known as Corn Nuts, Sweet Corn may also be left to dry on the plant. The kernels are then cooked in oil, where, unlike popcorn, they expand to about double the original size.

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**“Crispy Creamy” Potato Cakes with Sweet Corn**

Yields Approximately 8 servings

- 4 Cups Chilled, Mashed Potatoes
- 2 Cups Cooked, Corn Kernels
- 3 ea Egg Yolks
- To Taste Salt & Pepper
- 3 Cups Idaho Potato, Raw, Peeled, Shredded or fine Julienne
- ¼ to ½ Cup Vegetable Oil (For pan Frying)

**Method:**

In a mixing bowl, combine mashed potatoes, corn, egg yolks and season with salt & pepper. On a clean surface, arrange a 3 inch diameter, ¼ inch thick portion, of shredded or julienne raw potato. Portion approximately ¼ cup of mashed potato on top of the raw potato and fashion into a round disk like shape, approximately one inch thick. Nest another 3 inch diameter of raw potatoes on top of this cake to create a “sandwich” of raw potato, mashed potato and raw potato. Repeat this method to make the remainder of the pancakes. Heat a skillet or fry pan over medium heat, with the vegetable oil. Pan fry the potato cakes each side until medium brown and crispy. The mashed potato in the middle should be fully re-heated. Drain each cake on absorbent paper towel. Season with salt and serve warm.

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**Sweet Corn & Pepper Jack Cheese Fritters**

Makes 6 to 8 servings

- 6 Ears Sweet Corn, (enough to yield 3 cups kernels)
- 2 Each Eggs, Beaten
- 4 Stalks Green Onions, (including an inch of the greens, finely sliced)
- ½ Each Red Pepper, Diced ¼ inch
- 1/2 Cup Parsley, Chopped
- 1 Cup Pepper Jack Cheese, Shredded
- 1 tsp Salt, Kosher
- ¼ tsp Black Pepper, Freshly Ground
- 1/3 Cup Flour, All Purpose
- 1 tsp Baking Powder
- As Needed Oil or Unsalted Butter for Pan Frying

Place the ears of shucked corn stem-side down in a mixing bowl. Use a sharp paring knife to slice off the kernels, but don't slice too deeply. Use the back of the knife to press out the corn milk. Mix the kernels and the corn milk with the eggs, green onions, red pepper, herbs and cheese and season with salt and pepper. Stir in the flour. Heat enough oil or butter to cover the bottom of a large skillet. Using a half-cup measure fill it generously with a scoop of the batter and drop into the skillet, flattening slightly with a spatula. Fry over medium heat until golden, about two minutes. Turn and brown the second side. When cooked through, remove the fritters from the pan, tap on an absorbent paper towel and serve while hot.

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**New Age Corn on the Cob**

Besides the classic butter or margarine, try one of these delicious toppings at your next barbecue, picnic or family meal.

- Basil Pesto with Parmesan Cheese
- Teriyaki Glaze with Chopped Cilantro
- Mexican Elotes (Lime Juice & Chili Power)
- Grated Horseradish & Butter
- Butter & Herbs (Basil, Oregano & Thyme)
- “Loaded” Sour Cream, Bacon Bits, Chives & Fresh Cracked Black Pepper
- Italian Dressing w/ Romano Cheese
- Toasted Pecan Butter (one stick of butter and 1/2 cup of toasted pecans, processed until smooth)
- Barbecue Sauce Basted
- Sesame Oil (Brushed with Hoisin Sauce & Cilantro)

Corn is produced on every continent of the world with the exception of Antarctica.