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# Great American HOME COOKING *Made Easy*

BLUE-RIBBON FRUIT PIES

SUMMER'S BEST  
CORN AND TOMATOES

JULY 4TH  
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# 5 ways with Summer Corn

Fresh off the Stalk! ♦ BY DAVID McCANN

## BASIC CORN

Follow Step 1 for perfect corn on the cob and serve the corn with butter, salt and pepper. Or continue with Step 2 for any of the variations at right.

### 4 SERVINGS

**TIME TO PREPARE:** 5 MINUTES

**TIME TO COOK:** 5 MINUTES

**PER SERVING:** 124 CAL; 5G PROTEIN; 2G FAT (0G SATURATED); 22MG SODIUM; 27G CARB.

♦ 4 ears of sweet corn, husked

**1** Bring a large pot of water to a boil over high heat. Add the corn; reduce heat to medium and cook for 5 minutes. Immediately remove the cobs from the water with tongs.

**2** To remove cooked corn from the cob, trim the stem end, then place the ear cut-end down on a board. Using a sharp knife, cut carefully down the cob to remove all of the kernels. Each ear should yield about ½ cup of kernels.



## VELVETY CREAMED CORN

### 3 SERVINGS

**TIME TO PREPARE:** 15 MINUTES

**TIME TO COOK:** 8 MINUTES

**PER SERVING:** 258 CAL; 5G PROTEIN; 16G FAT (9G SATURATED); 215MG SODIUM; 29G CARB.

- ♦ ½ cup heavy cream
- ♦ 2 cups cooked corn kernels
- ♦ 2 green onions, thinly sliced
- ♦ ¼ teaspoon *each* salt and pepper

♦ In a small heavy saucepan, bring the cream to a boil over medium-low heat. Simmer gently until thickened and reduced slightly, about 6 minutes. Meanwhile, in a food processor, puree half of the corn kernels.

♦ Add the corn puree, the whole kernels, green onions, salt and pepper to the cream. Cook until heated through.



### COOK'S TIP

Corn lovers can cook up some extra ears and save them to prepare one of our variations. You can also substitute frozen corn kernels for fresh in any of these recipes—a 10-ounce box yields two cups.

## HOMESTYLE SUCCOTASH

- ◆ ½ cup water
- ◆ 1 cup frozen baby lima beans
- ◆ 1 tablespoon butter or margarine
- ◆ 2 cups cooked corn kernels
- ◆ 1 tablespoon minced fresh chives or sage
- ◆ ½ teaspoon salt
- ◆ ¼ teaspoon pepper

**6 SERVINGS**

**TIME TO PREPARE:** 15 MINUTES

**TIME TO COOK:** 12 MINUTES

**PER SERVING:** 112 CAL; 4G PROTEIN; 3G FAT (1G SATURATED); 225MG SODIUM; 21G CARB.

- ◆ In a medium saucepan, bring the water to a boil. Add the lima beans; cover and cook for 8 minutes. Drain.
- ◆ In the same saucepan, melt the butter over medium heat. Add the lima beans, corn, chives, salt and pepper. Cook for 4 minutes. Serve hot.



## GOLDEN BACON CORN CAKES

- ◆ ½ cup *each* yellow cornmeal and all-purpose flour
- ◆ 1 teaspoon baking powder
- ◆ ½ teaspoon *each* salt and pepper
- ◆ 1 large egg, beaten
- ◆ ½ cup plus 1 tablespoon milk
- ◆ 2 cups cooked corn kernels
- ◆ ½ cup minced onion
- ◆ 6 strips cooked bacon, crumbled
- ◆ Vegetable oil

**MAKES 10 CORN CAKES**

**TIME TO PREPARE:** 20 MINUTES

**TIME TO COOK:** 15 MINUTES

**PER CAKE:** 112 CAL; 4G PROTEIN; 4G FAT (1G SATURATED); 238MG SODIUM; 17G CARB.

- ◆ Warm a griddle over medium heat. Meanwhile, in a bowl, whisk the cornmeal, flour, baking powder, salt and pepper. Stir in the egg and milk. Fold in the corn, onion and bacon.
- ◆ Lightly grease the griddle with oil. Ladle the batter in ¼-cup spoonfuls onto the griddle. Cook in batches for 5 minutes, turning once. Serve with maple syrup, if desired.

## CLASSIC CORN RELISH

- ◆ 2 cups cooked corn kernels
- ◆ 1¼ cups cider vinegar
- ◆ 1 large red bell pepper, diced
- ◆ 2 onions, finely chopped
- ◆ ¼ cup sugar
- ◆ 2 teaspoons salt
- ◆ ¾ cup chopped green cabbage
- ◆ 2 tablespoons grainy mustard

**MAKES 1 QUART**

**TIME TO PREPARE:** 20 MINUTES

**TIME TO COOK:** 35 MINUTES

**PER ¼ CUP SERVING:** 44 CAL; 1G PROTEIN; 0G FAT; 302MG SODIUM; 10G CARB.

- ◆ In a large saucepan, combine all of the ingredients except cabbage and mustard. Bring to a simmer; cook for 10 minutes.
- ◆ Stir in the cabbage; simmer for 20 minutes. Let cool, then stir in the mustard. Refrigerate for at least 2 hours (keeps for about 1 week in the refrigerator).

