

BLUE-RIBBON FRUIT PIES

SUMMER'S BEST **CORN AND TOMATOES**

> JULY 4TH COOKOUT! QUICK, FUN & FABULOUS

OVER 60 ALL-NEW RECIPE IDEAS Plus tips, techniques and time-savers FREE WITH EVERY ISSUE 16 Recipe Cards

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

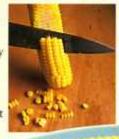
PER SERVING: 124 CAL; 5G PROTEIN; 2G FAT (0G SATURATED); 22MG SODIUM; 27G CARB.

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

- ½ cup heavy cream
- 2 cups cooked corn kernels
- \$\delta\$ 2 green onions,
 thinly sliced
- % teaspoon each
 salt and pepper
- 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.

 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.

GREAT AMERICAN HOME COOKING

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
- 4 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
- 4 cup sugar
- \$\phi\$ 2 teaspoons salt
- \$\delta\$ \times \text{cup chopped} \text{green cabbage}
- 2 tablespoons grainy mustard

MAKES I QUART

TIME TO PREPARE: 20 MINUTES TIME TO COOK: 35 MINUTES

PER % 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).

