

CORN

Smoked Chili-Corn Soup

Notes: For the smoothest texture, use a blender to puree the soup. Serve at room temperature; stir soup over medium-high heat until steaming, about 6 minutes, and serve hot; or cover and chill until cool, about 1 hour or up to 1 day, and serve cold.

- 1 cup mesquite wood chips
- 1 onion (1/2 lb) peeled & quartered lengthwise
- 1 1/2 lb. Fresh poblano (also called pasilla) chilies (6 or 7), rinsed
- 3 ears corn (6 in. long), husks & silks removed
- 3 cups chicken or vegetable broth
- 1/3 cup nonfat or reduced-fat sour cream
- salt and pepper

In a bowl, soak mesquite wood chips in 2 cups water for 30 minutes. Drain.

Lightly oil a barbecue grill over a solid bed of medium-hot coals or a gas grill on medium-high heat (you can hold your hand at grill level only 3 to 4 seconds). If using charcoal, sprinkle chips evenly over coals. If using gas, place chips in a metal smoking box or small, shallow foil pan and set directly on the heat in a corner of the grill.

Lay onion, chilies, and corn on grill. Close lid on barbecue, or open vents for charcoal. Turn vegetables occasionally until they're charred in spots, and chilies and onion are soft when pressed, 15 to 25 minutes; transfer to a platter as cooked. Let vegetables stand until cool enough to handle, about 10 minutes. Wearing gloves, pull off and discard chili skins, stems, and seeds. Cut kernels from corncobs. Trim and discard any burnt edges from vegetables. Tear about half of 1 chili into thin strips and set aside; also set aside about 1/4 cup corn kernels.

In a blender or food processor, whirl onion and remaining chilies and corn with the broth until very smooth (if desired, rub soup through a fine strainer into a bowl or a 2 to 3 quart pan. Add salt and pepper to taste.

Variations:

Smoked Red Pepper-Corn Soup

Omit chilies; substitute 4 red bell peppers (about 1/2 lb. each) rinsed. When pureeing vegetables, add the 1/3-cup nonfat sour cream and 1 to 2 Tbs. sherry vinegar or red wine vinegar to taste. Garnish servings with chopped parsley.

Smoked Zucchini-Corn Soup

Omit chilies; substitute 2 1/4 lb. zucchini, rinsed and ends trimmed. Cut cool zucchini into chunks to puree. Season soup to taste with 2 to 3 tablespoons of lime juice.

Ladle soup into bowls, garnish with reserved chili strips and and a rounded spoonful of sour cream.

Fresh Kandy Corn Salsa

- 1 firm-ripe tomato (6 oz.)
- 1 red bell pepper (1/2 lb.)
- 2 fresh jalapeno chilies
- 1 cup Carpinito Kandy Corn
- 2 Tbs. lime juice
- 2 Tbs. rinsed canned or cooked black beans
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped green onions (including tops)

Rinse tomato, bell pepper, and chilies; lay in a 10 by 15 pan. Broil 3 - 4 inches from heat, turning to char vegetables evenly, about 10 minutes; remove from pan as cooked. Let stand until cool enough to touch. Pull skin from tomato, bell pepper, and chilies. Core tomato; discard stems and seeds from pepper and chilies. Chop vegetables and put in a bowl.

Scallops and Corn with Lime

- 3/4 pound sea scallops
- 2 ears corn
- 1 tbsp. olive or peanut oil
- 2 ears corn
- 1 clove garlic
- Few shakes hot red pepper flakes
- Lime
- Few sprigs cilantro

Wash and dry the scallops; shuck the corn and cut the kernels from the cobs

Cut the lime in half and then cut one half into quarters (reserve rest); wash and chop 2 tablespoons cilantro.

Heat a nonstick skillet large enough to hold all the ingredients until it is hot; add the oil and reduce the heat to medium high. Quickly cook the scallops until they begin to brown, turn and brown on second side. Cook about 2 minutes. Remove scallops and set aside.

Add the corn to pan and stir to coat. Meanwhile mince the garlic. Add the garlic and hot pepper flakes to the corn and cook quickly about 1 minute. Return the scallops to the pan and cook another minute.

Arrange on two serving plates and squeeze one-quarter lime over each dish and sprinkle each

Fixing One Ear at a Time

Husk the corn and brush out the silk. Rinse and wrap in a wet paper towel – not damp, but a thoroughly wet, white paper towel just short of drippy.

Place on the floor of the microwave and cook on high for about 3 minutes; adjust either way according to cob size. With practice, you can get used to enjoying sweet corn this way without a smidgen of butter or salt. Some sodium-avoiders tout lime juice and chili powder on their sweet corn.

Summer Squash & Corn Sauté

1 ½ tbsp. olive oil
1 large green bell pepper
2 medium yellow summer squash
1 ½ cups uncooked corn kernels
2 medium firm tomatoes, diced
Seasoned Salt (such as Lawry's)
Dash of hot sauce

Heat oil in a wide skillet. Cut the bell pepper into short strips and sauté over medium heat for 2 minutes.

Halve the squash lengthwise and slice, not too thin or thick. Add the squash and corn and continue to sauté, stirring often, until all the vegetables are tender-crisp to your liking. Add the tomatoes and heat through.

Season with hot sauce and seasoning salt.

Parmesan Corn on the Cob

¼ cup melted butter
¼ cup grated Parmesan cheese
½ tsp. Italian herb seasoning
4 or 5 ears sweet corn, husked
¼ cup water

In a bowl, combine the butter, Parmesan and Italian herbs. Place husked corn, ends cut straight across, in a shallow microwave-safe dish. Add water, cover with vented plastic wrap or a glass lid, preferably.

Microwave on high for 10 – 13 minutes, turn dish once. Let stand, covered, 5 minutes. Drain ears and brush with the butter mixture. No salt should be necessary because the cheese is salty.

Potato, Corn & Avocado Salad

12 ounces tiny new potatoes
2 ears corn
1 lemon
2 tbsp. extra virgin olive oil
1 ripe avocado
Bunch chives to yield 2 tablespoons
Few shakes salt
Freshly ground black pepper to taste

Scrub potatoes, do not peel. Place in pot and cover with water; cover and cook 10 to 20 minutes, depending on size of potatoes. Shuck corn and scrape off kernels, set aside. Grate lemon to make 1 teaspoon, squeeze lemon to make 2 tablespoons juice. Whisk rind, juice and olive oil in serving bowl. Cut the avocado in small cubes and add. Wash and chop chives. One minute before potatoes are cooked, add the corn kernels to the water. Drain and when the potatoes are cool enough to handle, cut into bite size pieces and add with corn and chives to bowl. Mix thoroughly and season with salt and pepper.

Basic Creamed Corn

3 tbs. Butter or margarine
3 tbs. Flour
1 ½ cups warm low fat milk, whole milk or light cream
3 cups fresh corn kernels (about 5 ears)

For variety you can add:
Red Peppers
Green Peppers
Sautéed button mushrooms

Melt butter and stir in flour. Slowly add milk with whisk until it becomes thick and bubbly. Add kernels let simmer for about 3 minutes. Salt to taste

Corn Salsa

2 cups canola oil, for frying
6 corn tortillas
Kosher salt and freshly ground black pepper
2 ears grilled corn
1 tablespoon chopped fresh cilantro
1 (14 1/2-ounce) can diced tomatoes, drained
1 medium onion, diced
2 teaspoons hot sauce
1 tablespoon lime juice

In a high-sided skillet over medium heat, add the oil and heat to 350 degrees F.

Cut each tortilla into 8 triangles. Fry the triangles in batches until they are golden brown and crisp, 1 to 2 minutes. Drain on brown paper and season with salt.

Cut the kernels off the corn and add them to a bowl. Add the cilantro, tomatoes, the onion, hot sauce, lime juice, salt and pepper, to taste, and stir to combine. Serve the corn salsa with tortilla chips

Grilled Corn with BBQ Butter

2 tablespoons canola oil
1/2 small red onion, chopped
2 cloves garlic, chopped
1 tablespoon ancho chili powder
2 teaspoons Spanish paprika
1 teaspoon toasted cumin seeds
1/2 teaspoon cayenne powder
1/2 cup water
1 1/2 sticks unsalted butter, slightly softened
1 teaspoon Worcestershire sauce
Salt and freshly ground black pepper

Heat the oil in a medium sauté pan over high heat until almost smoking. Add the onion and cook until soft, 2 to 3 minutes. Add the garlic and cook for 30 seconds. Add the ancho powder, paprika, cumin and cayenne and cook for 1 minute. Add 1/2 cup of water and cook until the mixture becomes thickened and the water reduces. Let cool slightly.

Place the butter in a food processor, add the spice mixture and Worcestershire sauce and process until smooth. Season with salt and pepper, scrape the mixture into a small bowl, cover and refrigerate for at least 30 minutes to allow the flavors to meld. Bring to room temperature before serving and spread the butter over the corn while hot.