

101 on Cooking Corn

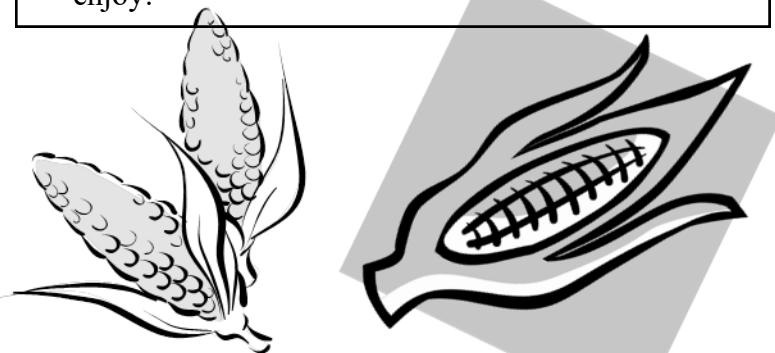
Brought to you by the Burwinkel Farms Family



Did you know that many people over-cook sweet corn, making it very chewy, tough, and bland! Use this quick reference guide to perfectly cook your sweet corn using your choice of 5 different methods! The Burwinkel Family's favorite is the microwave method, since it is so quick and easy, but try them out to find your own favorite!

Boiling Method:

- Believe it or not, the average time for boiling corn is 3 minutes!
- First, fill a pot with water and bring to a rapid boil.
- Next, put ears of **shucked corn** into the water and allow it to return to a boil (approx. 2-4 minutes).
- When the water is boiling again, remove, cool, and enjoy!

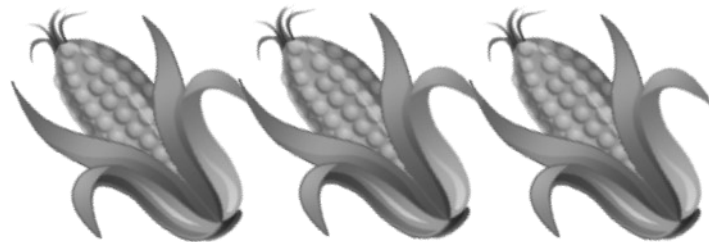


Grilling Method:

- Pull silks out of the top of each ear and peel off a few layers of husks leaving only a few layers of light green husks attached.
- Soak corn with husks on for approx. 5 minutes in clean water.
- Place wet ears of corn on grill over medium-high indirect heat (350-400°F). Turn occasionally so that the corn shucks become light brown in color on all sides.
- Grilling time is about 5-15 minutes. Pull shucks down and enjoy!

Microwave Method:

- Pull silks out of the top of each ear and peel off a few layers of husks leaving only a few layers of light green husks attached.
- Wrap each ear in a damp paper towel—we recommend no more than 3 ears in the microwave at a time.
- Place in microwave (make sure the ears are not touching) cook on high for 1-2 minutes per ear.
- Let stand for 1 minute. Remove, cool, cut about 1 inch off from the bottom end and the ear of corn should slide right out, free from silks and all. Enjoy!



Sauté Method:

- Cut corn off the cob of either raw or cooked ears of corn.
- Melt 2 tbsp. of butter in a skillet pan over medium-high heat.
- Once hot, add corn and sauté, stirring frequently for about 15 min or until the sugars in the corn start to caramelize.
- Add salt and pepper to taste, stir, and enjoy!

Oven Method:

- Pull silks out of the top of each ear and peel off a few layers of husks leaving only a few layers of light green husks attached.
- Dip the whole ears of corn in water and place them in a baking dish and bake in the oven at 350° for 20-25 minutes. That's it. Leave the husk on, it will trap in the moisture, leaving you with juicy, tender corn.
- Cut off the large end about an inch from the end and it slides right out with no silks! Enjoy!

