

ABOUT CORN

Height of Season: Spring or summer, depending on region.

What to Look For: Moist, plump, juicy-looking yellow or white kernels, not too large; green, fresh-looking husks.

Uses: Cooked, boiled, roasted, pickled, on the cob or off, in succotash, soup, salads, puddings, and fritters. As a vegetable accompaniment, good with everything.

Amount: Two or more ears per person.

Alternatives to Fresh: Frozen better than canned.

The sugar in corn turns to starch very rapidly after it is picked. How lucky are those who can rush fresh ears from the field, husk them quickly, and plunge them into a pot of boiling water!

If you must hold corn for any length of time, keep it unhusked in the refrigerator until you are ready to cook it.

Cut the kernels from any leftover cooked, fresh corn and freeze them in a plastic container. Reheated quickly in a little boiling water, drained, and tossed with butter, home-frozen corn kernels make a delicious midwinter vegetable.

Basic Method for Cooking Corn on the Cob

There is nothing like fresh corn on the cob, quickly boiled, spread with lots of sweet butter, and sprinkled with salt. Two ears per person may seem like a proper serving, but appetites often run high when corn is in season and freshly picked.

*The Fannie Farmer Cookbook,
12th edition, Revised by
Marion Cunningham and
Veri Laber,
Alfred A. Knopf,
New York,
c1979*

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(SERVES FOUR TO SIX)

12 ears of corn
Butter, softened
Salt

Just before cooking, husk the corn, pull off the silky threads, and cut out any blemishes with a pointed knife. Drop the corn into a large pot filled with boiling, unsalted water. Cover the pot and let the water return to a boil again, then turn off the heat and keep the pot covered. After about 5 minutes, remove enough ears for a first serving. You can keep the remaining corn warm in the water for another 10 minutes without its becoming tough. Serve with lots of butter and salt.

Buttered Corn Kernels. Cut the corn from the cob with a sharp knife. Heat the kernels in butter and season with salt and *freshly ground pepper*.
