



Sweet Corn

Probably originating from Mexico or Central America. The corn kernels grow on ears that are 6-12 in. long. They are yellow, white, orange, red, purple, blue black or born, depending on the variety. The kennels are tender, milky and sweet.

Buying

Choose: very fresh corn that releases white juice under simple finger pressure.

Cooking

Baked or gilled: wrap husked corn in aluminum foil (35 min at 220C)

Boiled: immerse the ears in boiling water to which a very small amount of sugar has been added.

Steamed: 20 min.

Microwaved: 3 minutes on the highest setting for 1 ear. Let stand for 5 minutes.

Nutritional Information

Per 3.5 oz/100g	fresh
Water	69.6%
Protein	3.3g
Fat	1.3g
Carbohydrates	25.1g
Fiber	3.7g
Calories	108

Preparing

Fresh corn is eaten cooked as is on the cob, or the kernels are removed, then cooked and eaten.

Corn on the cob is often season with butter and salt.

Corn is mainly made up of polyunsaturated fatty acids (46%), monounsaturated fatty acids (28%) and saturated fatty acids (15%).

Good Source: folic acid, potassium and thiamine.

Contains: magnesium, pantothenic acid, vitamin C, phosphorus, niacin, zinc and riboflavin. Rich source of fiber.

Storing

Each fresh corn as soon as possible, preferably on the same day as it is bought.

In the fridge: If eating at a later time. Do not remove the husks. If it is husked, keep in a plastic bag.

In the freezer: 1 year, blanch 7-11 min, depending on size.