

Creamed Corn (Fried Corn)

6 EARS FRESH CORN (SHUCK & SILKS REMOVED)
1 1/2 CUPS WATER
1 TSP. SALT
1/4 TSP. PEPPER
3 TBSP. SALTED BUTTER OR MARGERINE (OR BACON GREASE)

Cut corn off cobb with very sharp knife. Start at top and cut downward into a wide bowl while resting cobb on bottom of bowl. Rotate cobb while cutting. Try to cut thin slices so you can cut two rows. After cutting off kernels, scrape the cobb with back side of knife. Add corn, water, salt, pepper, and butter to a large wok or skillet. Turn on high and cook until water evaporates off corn. About 5-8 minutes.

For Creamed Corn:

Put 3 tbsp. cornstarch in 1 1/2 cups cold milk. Whisk very well. After corn has cooked 5-8 minutes like recipe above., pour milk/starch in and cook another 5 minutes. Corn starch will turn from cloudy to clear when done. Enjoy!

Field Corn:

“My family planted field corn every year to make cornmeal with. They also used it for feeding the animals. Many farmers ate their field corn. We sure loved it. You cook and prepare it the like the recipe above except it has so much natural starch that it is very creamy on its own. The field corn is ready to pick when its tassels are light golden brown. It gets hard quick so there is a short window for picking. It doesn’t have sugar in it, and it is so very good with fresh fried okra and sliced garden tomatoes.”

-Tammy