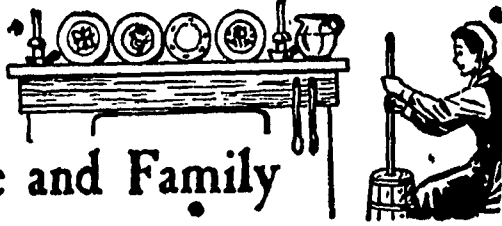


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor
SWEET CORN



SPENCE

Sweet corn is a native American food that makes delectable eating all year around. A favorite for summer cookery, indoors or outdoors, is succulent corn on the cob.

If you grow your own corn, or if you buy it, look for fresh, green ears and plump, milky kernels that feel firm, but not hard, when you press them. If the kernels look too small, or are soft and undeveloped, the corn is immature and will be flavorless when cooked. Large, hard kernels are overmature and do not taste sweet when cooked.

"Grow the corn near the kitchen door, and run to put the picked corn into the boiling water," used to be the rule. So much haste is no longer believed to be necessary, store, be sure it has been kept

but it is still true that fresh corn tastes best when prepared soon after picking. Corn is best if it is kept cool after picking. Natural sugars in the corn will start turning to starch very soon if the corn is too warm.

If you buy corn from a

corn ready for cooking; wrap the corn in damp towels and place in a container with blocks of ice. Be sure to keep the corn out of the melting ice.

For old-fashioned steamed corn on the cob, remove the husks and silk. Cook only as many ears as needed for one serving apiece. If desired, cook more while the first batch is being eaten. Drop the corn into a kettle of lightly salted, boiling water. Boil gently, covered, for five minutes only. Serve at once with melted butter and salt.

Roasted corn on the cob can be roasted in the oven indoors or over the coals outdoors — it is delicious either way. Don't tear the husks off; pull them down and remove the silk. Brush the kernels with melted butter and replace the husks. Tie the husks securely with twine.

To roast the tied corn in the kitchen, preheat the oven to 350 degrees. Place the corn on a cookie sheet and roast for 40 minutes. Serve hot,

with additional butter and salt. To cook outdoors, place the tied corn over hot coals. Turn frequently for 15 or 20 minutes or until the husks turn brown and dry. Again, serve hot with butter and salt.

If you prefer to husk the corn before roasting, brush each husked ear of corn with melted butter and wrap tightly in heavy-weight aluminum foil. Grill or bake the same way as you would corn in the husk. For a delightfully different flavor wrap each ear of corn with a strip of bacon before replacing the husk if you're leaving the husk on.

Fresh sweet corn can be a year round treat if you freeze some now. Freeze quickly af-

ter picking and be sure to blanch. Blanching is necessary to stop the action of enzymes, molds and yeasts in the corn. The flavor, texture and color of frozen corn is best when it has been blanched. Blanching also shrinks the corn slightly, providing a more attractive and compact pack.

Some homemakers have objected to blanching corn on the cob because they believe it makes the corn soggy. To reduce the amount of additional moisture and eliminate sogginess, steam blanch the corn and cool with ice cubes. To do this, place a few ears vertically in a basket or cheese cloth bag suspended above the surface of the boiling water.

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