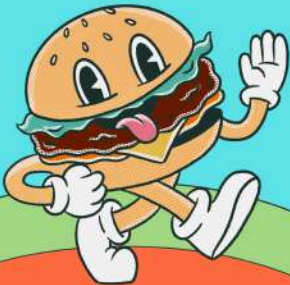




NC Summertime Recipes
CATEGORY

CORN

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Recipes

CORN PUDDING

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JALAPEÑO CORNBREAD

CORN PUDDING

4 c. fresh corn
3 eggs
2 c. milk
2 Tbsp. flour
½ stick butter
2 Tbsp. sugar
1 tsp. salt
¼ tsp. pepper

Pre-heat oven to 400°F. Grease a two-quart casserole. In a mixing bowl, beat eggs. Stir in milk, flour, sugar, salt and pepper. Add diced butter and beat until well-blended. Stir in corn, and pour into casserole. Bake for 50 to 60 minutes or until set. Serves 6.

CORN SALAD

Christine Shore Bryant

4 ears of corn
2 med. tomatoes

2 avocados

Vinaigrette:

$\frac{1}{4}$ c. red wine
Salt and pepper to taste

$\frac{1}{4}$ c. olive oil
Fresh basil

Steam or microwave the corn. (6 ears took 8 minutes, or until you can smell the corn). If you want to steam, cook for 3 minutes and then plunge in an ice bath to stop cooking. Cut the corn from the cob. Dice the tomatoes and avocados. Thinly slice a big handful of fresh basil. Toss all in a bowl. Whisk ingredients together for vinaigrette. Toss with the salad. Put avocado pits in the salad to keep avocado from turning brown.

FREEZE CORN

In Honor of Grace Dean Turner

Remove shucks and silks. Put corn in a saucepan and add water to barely cover. Bring to a boil for 2 minutes. Remove from heat, then cool. Put corn in freezer bags with liquid. Freeze.

“Soul”ful Cornbread

LaShonda L. Kennedy
Winston-Salem, NC

- Ingredients:
- 1 $\frac{3}{4}$ cups white cornmeal
 - 1 tsp. baking powder
 - 1 tsp. baking soda
 - $\frac{1}{2}$ tsp. salt
 - 2 cups buttermilk
 - 1 large egg
 - 3 tbs. shortening or bacon grease

Start by preheating your oven to 450 degrees. Put a 9" cast iron skillet on the stove over medium heat and put the shortening in the skillet. Mix all the dry ingredients together in one bowl. Mix the egg and buttermilk in another bowl. Mix the dry and wet ingredients together. When you start to see little wisps of smoke coming from the hot shortening, pour most (not all) of the shortening into the cornbread batter and mix well. Then pour the batter into the hot skillet and enjoy the sizzling sound that guarantees a nice crisp crust. Place in the middle of the preheated oven and bake about thirty minutes, until nice and brown on top. Serve with butter, pinto beans, or collards with pot liquor, and consider yourself blessed. And if you want something sweet, put some molasses on there with the butter.

CORN CASSEROLE

2 eggs
¼ c. milk
½ c. cracker crumbs
1 (17 oz.) can cream style corn
¼ c. melted margarine
¼ c. grated carrot
½ c. shredded Cheddar cheese

¼ c. chopped green pepper
½ tsp. sugar
½ tsp. salt
1 Tbsp. chopped celery
1 Tbsp. chopped onion
⅛ tsp. hot sauce

Combine eggs and milk; beat until well blended. Add cracker crumbs; set aside until all liquid is absorbed. Add remaining ingredients, except cheese, to cracker crumb mixture, stirring well. Spoon mixture into a greased 1 quart casserole. Sprinkle with cheese while hot.

Marty Gibson

Maque Choux

THERE'S ONLY ONE TIME TO MAKE THIS Cajun and Native American dish: summer, when corn is at its peak. To catch every drop after the kernels have been cut loose, use the back of a knife to scrape and release the cob's sweet juices. **Serves 6 to 8**

3 tablespoons unsalted butter
1 tablespoon olive oil
1 red bell pepper, cored, seeded and diced
1 red onion, diced
1 jalapeño pepper, cored, seeded and diced
8 ears corn, shucked
Pinch of sugar
Sea salt and freshly ground black pepper
6 fresh basil leaves, thinly sliced

1. Heat the butter and olive oil in a large skillet over medium heat until sizzling hot. Add the red bell pepper, onion and jalapeño and cook, stirring, until the onion is translucent, 3 to 4 minutes.
2. While the vegetables are cooking, remove the corn from the cobs and scrape the stripped cobs with the back of the knife to release the juice. Add the kernels and juice to the skillet. Season with sugar, salt and pepper to taste and cook, stirring, until the corn is tender, about 4 minutes. Remove from the heat and stir in the basil. Serve warm.

In the Kitchen

VARIATIONS I often bolster Maque Choux with chopped summer squash and vine-ripened tomatoes. To make it a meal, I toss in bacon, shrimp or crawfish and serve it over a Grits Bowl Your Way (page 74). It's also great inside an Easy Quesadilla (page 123) or spooned on top like a relish. ▶

On the Menu

SERVE WITH Spicy Backyard Barbecue Chicken (page 123), Watermelon Arugula Tabbouleh with Feta and Fresh Mint (page 214) and Mixed Berry Pie with Crumb Topping (page 295).



CORN RELISH-Mrs. Clyde Upchurch, Sr.

Cut:

12 ears corn

12 onions

3 sweet red peppers

1 qt. cabbage

3 green peppers

Add:

1 1/2 tsp. salt

1 tsp. celery seed

2 c. sugar

1 tsp. dry mustard

1/2 tsp. turmeric

3/4 c. vinegar

Mix and cook all together until tender-about 10 to 15 min.

CORN CABBAGE

3 strips bacon	1 tablespoon firmly packed
3 cups shredded cabbage	brown sugar
1 cup fresh corn	½ cup water
1 medium green pepper, minced	Paprika for garnish
1 teaspoon salt	

In a 4-quart pressure cooker brown bacon; remove bacon to plate. Drain all but 2 tablespoons grease from cooker. Add cabbage, corn and green pepper to drippings. Season with salt and brown sugar; add water. Place cover on cooker; allow steam to flow to release air from cooker. Cook 3 to 5 minutes. Cool at once. Garnish with bacon and paprika. Yield: 4 servings.

Grace Lopp
Davidson County

Creamed Corn

Serve immediately

Serves 6

**1 dozen medium ears sweet
corn, cut off cob**

**½ cup butter or bacon
drippings**

¾ tablespoon salt

2 tablespoons sugar

**1 teaspoon pepper, freshly
ground**

1 cup milk

2 tablespoons flour

Cook corn in heavy open boiler with other ingredients, except milk and flour, over low heat for 15 minutes. Stir with wooden ladle often to make sure corn does not stick. Stir in milk thickened with flour. Let simmer for a few minutes and remove from heat. If not thick enough, simmer longer. If too thick, add water.

Corn Patties

I remember this old Virginia recipe as a favorite one of mine made by my grandmother. It has been passed down through many generations. This recipe makes a very good breakfast, a delicious Sunday night supper, or a great accompaniment for a meal (similar to a fritter).

Serve immediately

Serves 6

1 cup flour
1 teaspoon baking powder
½ teaspoon salt
2 tablespoons cornmeal
1 egg, beaten

1½ cups buttermilk
½ teaspoon soda
1 tablespoon Mazola corn oil
4 small ears of white corn

Mix flour, baking powder, salt, and cornmeal. Add beaten egg and buttermilk to soda stirring until bubbly. Beat until smooth, add Mazola and stir again with corn cut from cob. Have griddle hot and pour small amounts of mixture to make small-sized patties.

Serve only with butter as it is not as good with syrup. You may accompany this with Canadian bacon or sausage and fried apples to make a complete meal.

Mrs. William Thrower, Jr. (Price)

Jalapeno Cornbread

The amount of green chili-peppers used will determine just how hot this cornbread will be.

May prepare ahead

Serves 8-10

1 cup cornmeal

½ teaspoon soda

2 eggs, slightly beaten

**1 cup cream style
yellow corn**

½ cup oil or melted shortening

½ teaspoon salt

⅔ cup buttermilk

**1-4 ounce can green chili-
peppers, chopped**

**1 cup sharp Cheddar
cheese, grated**

Combine all ingredients, except cheese, in a bowl. Mix well and pour ½ batter into hot, greased 9-inch square baking pan. Sprinkle cheese and cover with remaining batter. Bake at 375 degrees for 30 to 40 minutes.

Cathy McCosh

Sources

Corn Recipes

Corn Pudding, page 34

from Recipes from Rufus (call number NC 641.59756 R297)

Corn Salad, page 55

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Freeze Corn, page 314

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

"Soul"ful Cornbread, page 24

from Wake Forest Tailgating Recipe Book, Created by the Participants of the 2000 Women's Football Clinic (call number NC 641.59756 W147)

Corn Casserole, page 16

from Sunday's Best: A Collection of Recipes from the Chefs at Ogburn (Ogburn United Methodist Church in Winston-Salem, NC) (call number NC 641.59756 S957)

Maque Choux, page 242

from Foster's Market Favorites by Sara Foster (call number NC 641.5975 F757F)

Corn Relish

from Kitchen Kapers by The Women of Raeford and Hoke County (call number NC 641.59756 K62)

Corn Cabbage, page 157

from Company's Coming: A Guide to Tarheel Entertaining (call number NC 641.5975 C737)

Creamed Corn, page 25

from Southern Elegance: A Collection of the Best of Carolina Cuisine (Junior League of Gaston County, NC) (call number NC 641.59756 S727)

Corn Patties, page 241

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Jalapeño Cornbread, page 278

from Southern Elegance: A Collection of the Best of Carolina Cuisine (Junior League of Gaston County, NC) (call number NC 641.59756 S727)