

**Seasonal Eating**  
**Whitney Danhof, Extension Agent**

**Fresh Corn Off the Cob**  
**July 2016**

Summertime is corn time. Fresh, sweet, juicy and bursting with flavor, there's nothing like fresh corn. They always say to put the pot of water on to boil and then go to the garden and harvest the corn, shucking it on your way in so it goes into the pot as fresh as possible. This is actually good advice as the sugars in the corn start to turn to starch as soon as it's picked. So try to use your picked or purchased corn as soon as possible.



While we often think of corn on the cob in the summer, corn off the cob is also a summer friendly dish. Simply blanching fresh corn for a minute or two and then cutting it off the cob makes great kernels to use in cold salads. The blanching removes the starchy, raw flavor, inactivates the enzymes and sets the color. Have a bowl of cold water next to the pot so you can plunge it in and stop the cooking quickly.

When I cut corn from the cob, I use a Bundt pan to put the point of the cob in the center hole and then cut down the cob. The kernels fall into the pan and are collected instead of hitting the cutting board and scattering all over the kitchen. I have done this for years and it works every time!

When I combine ingredients in salads and other dishes, I try to think of what comes in season together. Tomatoes and corn are summer twins. They both scream summer flavor, look beautiful together and complement each other perfectly in salads.

This corn salad takes an Italian turn with the addition of fresh basil and a creamy Italian vinaigrette dressing. Summer in a bowl and perfect for a potluck party.

So take advantage of the fresh summer produce that comes in season together. Nature knows what goes together – so take notes!

For more seasonal eating recipes and information check out the Bedford County Extension website ([bedford.tennessee.edu](http://bedford.tennessee.edu)) and stop by the Bedford County Farmers Market on Thursdays at 2:30 at Celebration Pavilion for Farmers Market Fresh demonstrations and recipes.

**Italian Corn Salad**

6 ears fresh corn, shucked and silks removed  
1 pint cherry tomatoes, chopped  
4 green onions, sliced

2 tablespoons chopped fresh basil leaves  
1 shallot, finely chopped  
2 tablespoons red wine vinegar  
1 teaspoon sugar  
1/4 cup olive oil  
2 tablespoons mayonnaise  
Salt and pepper  
8 slices bacon, cooked and crumbled

Bring a large pot of water to a boil. Add the corn and boil for about 1-2 minutes. Remove and plunge into a bowl of cold water to stop the cooking. When cool, cut the kernels from the cob. In a large bowl, stir together the corn kernels, tomatoes, green onions and basil. In a medium bowl, whisk together the shallot, vinegar, sugar and olive oil. Whisk in mayonnaise and season with salt and pepper. Stir dressing into the corn mixture. Store in the refrigerator until ready to eat. Just before serving, stir in the bacon.