



Corn for a Crowd



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 12 ears of corn
- ☐ 12 servings salt and pepper
- ☐ 12 servings flavor bar (recipes below)
- ☐ 5 quarts water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

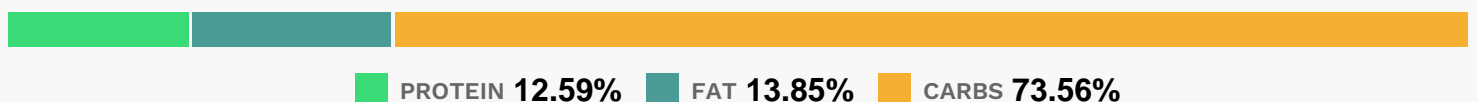
- ☐ knife
- ☐ blender
- ☐ tongs

Directions

- ☐ In a covered 10- to 12-quart pan over high heat, bring 5 to 6 quarts water to a boil.
- ☐ Meanwhile, pull off and discard cornhusks and silks. Immerse ears in boiling water. Cover and cook until corn is hot, 3 to 5 minutes.
- ☐ Drain, or lift ears from water with tongs. Season hot corn with choices from the flavor bar, or butter ears and add salt and pepper to taste.
- ☐ Flavor Bar--Select 1 or more of the following combinations. Each covers at least a dozen ears of corn.
- ☐ Mix 1 tablespoon salt and 1 1/2 teaspoons chili powder.
- ☐ Cut 3 limes into wedges. Rub corn with lime wedge, then sprinkle with chili salt to taste.
- ☐ Mix 3/4 cup purchased thick teriyaki sauce or glaze and 1 tablespoon Asian (toasted) sesame oil. In an 8- to 10-inch frying pan over medium heat, stir about 1/3 cup sesame seed until golden, about 3 minutes.
- ☐ Brush corn with sauce and sprinkle with sesame seed.
- ☐ Pesto: In a blender or food processor, combine 1 1/3 cups fresh basil leaves, 2/3 cup olive oil, 1/3 cup grated parmesan cheese, and 2 cloves garlic; whirl until mixture is smooth.
- ☐ Add salt and pepper to taste.
- ☐ Spread on corn.
- ☐ Mix 1/2 cup mayonnaise with 2 tablespoons milk. Put 3/4 cup finely crumbled cotija or grated parmesan cheese and 1 tablespoon ground dried California or New Mexico chilies or chili powder in individual bowls.
- ☐ Brush corn with mayonnaise mixture and sprinkle with cheese and chilies.
- ☐ Cilantro-chili-garlic butter.
- ☐ Mix 3/4 cup (3/8 lb.) melted butter or margarine with 1/3 cup finely chopped fresh cilantro, 1 1/2 to 2 tablespoons minced fresh jalapeo chili, and 2 or 3 pressed or minced cloves garlic.
- ☐ Brush on corn.

- ☐ Mix 1/2 cup (1/4 lb.) melted butter or margarine with 1/4 cup minced chives or green onions, 1 tablespoon minced fresh or 1 teaspoon dried thyme, 1 teaspoon grated lemon peel, and 2 tablespoons lemon juice.
- ☐ Brush butter on corn.
- ☐ Mix 6 tablespoons olive oil, 3 tablespoons white wine vinegar, 1 1/2 tablespoons Dijon mustard, 1 1/2 tablespoons minced shallot, 2 teaspoons chopped fresh or 3/4 teaspoon dried tarragon, and 1 pressed or minced clove garlic.
- ☐ Add salt and pepper to taste.
- ☐ Brush on corn.
- ☐ Spiced salt: In a 6- to 8-inch frying pan over medium heat, stir 1/2 teaspoon each cumin seed, coriander seed, mustard seed, and black peppercorns until mustard seed begins to pop, about 3 minutes.
- ☐ Pour into a blender with 1 tablespoon coarse salt and grind to a powder.
- ☐ Sprinkle on buttered ears of corn.
- ☐ Curry butter: In a 6- to 8-inch frying pan over low heat, stir 1 1/2 tablespoons curry powder, 3/4 teaspoon ground coriander, and 1/4 teaspoon cayenne until spices are fragrant, about 1 minute.
- ☐ Add 3/4 cup (3/8 lb.) butter or margarine and stir until melted.
- ☐ Brush on corn.
- ☐ Dried tomatobasil butter: In a food processor, whirl 1/4 cup drained dried tomatoes packed in oil until finely chopped.
- ☐ Add 1/2 cup (1/4 lb.) butter or margarine (at room temperature) and 1 teaspoon dried basil; whirl to blend. Or finely chop tomatoes with a knife and mix with butter and basil in a bowl.
- ☐ Add salt and pepper to taste.
- ☐ Spread on corn.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.5765217239766%

Nutrients (% of daily need)

Calories: 82.42kcal (4.12%), Fat: 1.46g (2.25%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 15.67g (5.7%), Sugar: 6.12g (6.8%), Cholesterol: 0.07mg (0.02%), Sodium: 228.99mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Folate: 38.06µg (9.51%), Vitamin B1: 0.14mg (9.4%), Magnesium: 37.52mg (9.38%), Phosphorus: 81.15mg (8.11%), Vitamin B3: 1.6mg (8.02%), Manganese: 0.15mg (7.5%), Vitamin C: 6.13mg (7.43%), Fiber: 1.81g (7.24%), Potassium: 244.9mg (7%), Vitamin B5: 0.65mg (6.48%), Copper: 0.11mg (5.69%), Vitamin B6: 0.08mg (4.2%), Vitamin A: 168.97IU (3.38%), Zinc: 0.46mg (3.1%), Vitamin B2: 0.05mg (3.03%), Iron: 0.48mg (2.65%), Calcium: 14.81mg (1.48%)