

DINNER

Tangy Corn Relish

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
58 min	20 min	38 min	6	\$2.46	629 kcal



Tangy Corn Relish takes approximately 58 minutes from beginning to end. This recipe makes 6 servings with 634 calories, 21g of protein, and 51g of fat each. For \$2.46 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 ears corn
- ☐ 1 teaspoon ground cumin
- ☐ ¾ cup ketchup
- ☐ 6 servings Kosher salt and freshly ground pepper
- ☐ ½ cup chopped sweet piquante peppers
- ☐ ½ small red onion, chopped
- ☐ ½ teaspoon sugar
- ☐ ¼ cup chopped fresh parsley
- ☐ 1 tablespoon hot sauce
- ☐ 2 pounds good-quality kielbasa or other smoked sausage, cut into bite-size pieces
- ☐ 3 tablespoons extra-virgin olive oil
- ☐ 1 red jalapeno pepper, seeded and minced
- ☐ ¾ cup spicy brown mustard
- ☐ ¼ cup finely chopped sweet gherkins

☐ 1 tablespoon vegetable oil

EQUIPMENT Bowl, Grill, Skewers, Wooden skewers

Method

- 1 Special equipment: 8 to 10 wooden skewers (for Grilled Sausage)
- 2 Preheat a grill to medium-high.
- 3 Brush the corn with 1 tablespoon olive oil and sprinkle with the cumin, and salt and pepper to taste. Grill until golden and toasted on all sides, 5 to 8 minutes, turning as needed.
- 4 Combine the remaining 2 tablespoons oil, the sweet piquante peppers, onion, gherkins, parsley, jalapeno and sugar in a large bowl and season with salt and pepper. Slice the corn kernels off the cobs and toss with the relish. Cover and refrigerate for at least 30 minutes.
- 5 Serve with Grilled Sausage.
- 6 Photograph by Rick Lew
- 7 Soak 8 to 10 wooden skewers in water for about 20 minutes.
- 8 Preheat a grill to medium and brush with the oil. Thread the sausage onto the skewers, leaving space between each piece. Grill until slightly crisp, 3 to 4 minutes per side.
- 9 Mix the ketchup, mustard and hot sauce in a bowl.
- 10 Serve with the sausage for dipping.

Nutrition per serving

629	21 g	51 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.4 g · 96% of daily needs
Fibre			2.6 g · 10% of daily needs
Sugar			11.1 g · 12% of daily needs
Sodium			2,184 mg · 95% of daily needs
Cholesterol			107 mg · 36% of daily needs
Vitamin C			22.4 mg · 27% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/tangy-corn-relish-143499