

Cooking Corner Tips To Help You

Brushing Up On Supersweet Corn

(NAPSA)—Everyone loves fresh sweet corn. Now, that great taste is yours to enjoy all year long, thanks to Supersweet varieties with a super-long growing season.

Once you get the corn home, husk it and refrigerate until you're almost ready to eat (chilled corn stays fresh longer). Another kernel of wisdom: Supersweet corn cooks faster than traditional varieties. You can boil ears the old-fashioned way or try one of these quick methods. Be sure to sample the delicious spreads, too!

For more recipes and cooking tips, visit www.freshsupersweetcorn.com or request a free leaflet by sending your address to supersweetcorn@lewis-neale.com or Supersweet Corn, 35 E. 21 Street, 10th Floor, New York, NY 10010.

COOKING SUPERSWEET CORN

Skillet Steaming: In a large skillet bring an inch of water to a boil. Add ears in a single layer. Cover and cook until tender, 3 to 5 minutes.

Microwaving: Place ears in a microwaveable dish; cover loosely with waxed paper. Microwave on high until hot, about 2 minutes per ear.

Sautéing: In a skillet heat a little vegetable oil over medium heat. Cook ears, turning often, until hot and kernels are lightly browned, about 5 minutes.

Roasting: Preheat oven to 500°F. Place ears in shallow pan; brush with melted butter or oil. Roast until kernels turn golden, about 10 minutes.



Grilling fresh Supersweet corn caramelizes its natural sugars and concentrates flavor.

Grilling: Prepare grill or pre-heat broiler. Brush husked ears with melted butter or oil. Grill or broil, turning once or twice, until hot and kernels turn golden, about 7 minutes.

SUPERSWEET CORN SPREADS

Brush on one of these flavorful spreads *before and/or after* cooking corn.

BBQ: Melt $\frac{1}{4}$ cup butter with $\frac{1}{4}$ cup barbecue sauce.

Cheese: Combine $\frac{1}{4}$ cup goat cheese or soft process cheese with 2 tablespoons softened butter, 1 teaspoon dried oregano and $\frac{1}{8}$ teaspoon *each* salt and pepper.

Substitute these spreads for oil or butter *before* sautéing, roasting or grilling corn.

Garlic: Combine $\frac{1}{4}$ cup olive oil with 1 teaspoon each finely chopped garlic and dried crushed thyme, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon ground black pepper.

Southwest: Combine $\frac{1}{4}$ cup mayonnaise with $\frac{3}{4}$ teaspoon Southwest seasoning blend or chili powder and 2 teaspoons lime juice.