

# CREAMED CORN

When I think ‘vegetables’ and ‘comfort’ it’s not long before I think of creamed corn. For me, this is a really nostalgic food, something we would have when I was a child, usually out of a can. There’s nothing wrong with that but I do love doing things from scratch these days and it’s so easy to make your own creamed corn. Once heated, the starches in corn kernels thicken, turning the mixture into a creamy yellow custard. It’s delicious by itself with butter, as a side dish for sausages or grilled meats, and as a comfy bed for roasted or steamed vegetables. I’ll also share my incredibly comforting chicken and sweetcorn soup very soon.



**Makes:** about 1 litre

**Time:** 15 minutes



## INGREDIENTS

6 corn cobs



## METHOD

1. Cut corn kernels from cob as close as you can to the cob itself because you’ll collect more of the starch that will thicken your creamed corn.
2. Place kernels in mixing bowl and chop **5 sec/speed 6**.
3. Add 200 grams (7 oz / 2 measuring cups) water, then cook **7 minutes/80°C (175°F) /speed 2**, or until thick and creamy.
4. Season to taste and eat as is swirled with butter or olive oil, or add to chicken soup to make chicken and sweetcorn soup. (Recipe coming next week!)

### Tips

- This makes a textured creamed corn. You can blitz longer and faster (**8 sec/speed 8**) for smoother puree.

### Variations

- Use 450 grams (15.8 oz) frozen or tinned corn kernels instead. If using frozen, cooking time may need to be increased.
- Add smoked paprika or nutmeg, if desired.



## CREAMED CORN

Makes: about 1 litre



### SHOPPING LIST:



6 corn cobs



### NOTES & TIPS:

- Use 450 grams (15.8 oz) frozen or tinned corn kernels instead. If using frozen, cooking time may need to be increased.