



Home Frozen Corn

“Canning and Preserving is Fun and Easy”

Serving Size: 1/2 cup cooked corn

Ingredients:

- freshly picked corn on the cob
- boiling water

Directions:

Husk and trim the ears, remove the silk, and wash corn. Store in the refrigerator until ready to process. Fill a blanching pot with water and bring to a vigorous boil. Place whole ears of corn in the blancher and lower into boiling water, making sure the ears are completely covered. Cover the pot, and set a timer for 5 to 6 minutes, depending on the size of the ears. When the time is up, remove the ears from the pot and cool immediately in a large bowl or pot of cold water. Ice water is best. When cool, cut the kernels from the cob. Pack into can-or-freeze jars, plastic freezer containers or bags, or vacuum seal. Label and freeze immediately. You will find your own rhythm in this process, starting more corn blanching once a batch is removed from the pot to cool, moving the already cooled corn to the cutting board, etc.

Note: If you don't own a blanching pot, any large pot will do. It is a little easier if you have a wire basket or metal strainer, but you can blanch by putting the ears directly into the boiling water. Blanching helps preserve the flavor, color and nutritional value of frozen vegetables.

(Each serving provides 80 calories, 5 calories from fat, .5 grams fat, 0 grams saturated fat, 0 mg cholesterol, 0 mg sodium, 18 grams carbohydrates, 2 grams fiber, 3 grams sugar, 3 grams protein)

Source: Ball Blue Book guide to preserving.

For more information on freezing foods: http://www.uga.edu/nchfp/how/gen_freeze.html

For more on blanching vegetables: <http://www.uga.edu/nchfp/how/freeze/blanching.html>