

Roasted Sweet Corn

by Rowdy Hog Smokin' BBQ Chef Brandon Lambert

Ingredients

14 oz. bag frozen sweet corn
or use fresh corn
1/2 tsp salt
1/2 tsp paprika
1/2 tbsp olive oil



Preparation time: 30 minutes
Yields two servings

Directions

Preheat oven to 400 degrees F. Mix all ingredients thoroughly in a bowl. Place a large sheet of foil on baking pan. Spread ingredients evenly over sheet. Bake for 20 minutes, then check every couple minutes. Remove the corn when it looks golden and crunchy

Did you know?

Roasting is a method of cooking food that uses dry heat, usually in an oven. It is a healthier cooking method than frying and gives most veggies a delicious crunchy texture.



Brandon has been in the restaurant business in Sioux Falls for over 10 years. For the past 3 years, he has managed Rowdy Hog Smokin' BBQ, which the Lambert family owns and operates. Brandon likes to experiment with creative and healthier BBQ options. His goal is to bring the best tasting food made from scratch. The Lamberts have participated in BBQ competitions since 2007. They have a lunch buffet every day, dine in/carry out, and catering services for all your needs.



Eat Well,
Live Well

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Pick it! Try it! Like it!

SWEET CORN

Pick it!

Choose green, tightly folded husks covering the kernels, which should squirt a milky sap when popped. They should be gold or white in color and square shaped.

The hairy silk should be very pale white with dry brown ends.

Storing warm decreases the sweetness. Refrigerate in a perforated plastic bag.

Use within 1-2 days. Leave the husk on until just before cooking.

Try it!

Cook close to harvest. Keep the husk on until ready to cook.

Shuck before cooking by pulling the husks down the ear and breaking at the stem. Run cold water over the ear and rub the silk off.

Usually boiled, also steamed, grilled, roasted or microwaved.

Avoid salting during cooking as it toughens the kernels.

You may remove the corn from the cob using a paring knife, cut from top to bottom with the ear propped on a plate.



Standard

- Traditional sweet corn flavor and texture, keeps well for 1-2 days
- Yellow or white colored kernels



Sugar-enhanced

- High sugar content, keep longer, sweet, tender kernels
- Yellow or white colored kernels



Shrunken

- Contains yellow kernels
- Highest sugar, longest storage, kernels are "shrunken" and tougher

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Try it!

- Cook close to harvest. Usually boiled, also steamed, grilled, roasted or microwaved.
- Shuck just before cooking, pull the husks down and break off, rub the silk off under running water.
- Avoid salting during cooking as it toughens the kernels.
- You may remove the corn from the cob with a paring knife.



Find recipes & videos at iGrow.org



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South Dakota State University, South Dakota counties, and U.S. Department of Agriculture cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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