



SUMMER'S GOLDEN EARS

RECIPE | Naynay's Corn Soup

Serves 6

5 fresh ears of corn, off the husk, silk removed
4 cups of corn stock
1 tbsp. grape seed oil or canola oil
¼ cup chopped yellow onions
2 garlic cloves, peeled and minced
Salt and pepper to taste
1/3 bunch fresh spinach

Grate the corn kernels off the cob using a box cheese grater; place the grater on a mixing bowl to catch the grated corn. Reserve the cobs for stock.

To make the stock: place the grated corn cobs in a 2-quart stock pot, add 4 cups of water and let it simmer for 20 minutes. Remove the cobs and set aside the stock.

Heat up the oil in a 2-quart stockpot on medium heat. Add the onions and cook until soft and translucent but not brown. Add the garlic to the pot and cook just until fragrant. Pour the grated corn to the stockpot and stir. Add the corn stock and simmer for 10 minutes. Season the soup with salt and pepper. Turn off the heat, and add the spinach. Serve while hot.



Corn Soup

RECIPE | Simply Grilled or Boiled Corn

5 ears of corn
Melted butter
Salt and pepper

To grill: Place corn on the grill and cook for about 15 minutes, turning every couple of minutes. Remove the husks and silk. Brush the corn with melted butter and season with salt and pepper.

To boil: shuck the corn and remove silk. Place the corn in a large pot of boiling water. Cook the corn covered over medium for about 7 minutes. Remove the corn from the pot using a pair of tongs, brush with butter and season with salt and pepper.

Try a taste of Mexican Street Corn by basting it with mayo, then sprinkling with grated parmesan cheese, a touch of cayenne or chili powder, and a squeeze of lime wedge. It's a real treat.



Street Corn





RECIPE | Grilled Corn with Shredded Coconut

Grilled corn kernels of 5 corncobs

½ cup unsweetened coconut

Salt to taste

Juice of ½ lime

¼ cup chopped cilantro leaves

½ cup crushed roasted peanuts, Spanish style peanuts if available

Combine all ingredients in a mixing bowl. Serve chilled or room temperature as a snack or a side dish.

CHEF'S TIP

The cornhusks can serve as a wrap when cooking or grilling foods. You can use them fresh to wrap fresh fish for grilling or steaming. They are also often used to wrap masa for tamales. I've used them to line my steamers for dim sum and also used them to wrap sticky rice for steaming.

If you have a lot of husks and want to store them, you have to dry them first before storing otherwise they will develop mold. Spread them out in the sun for about two weeks until the color fades and they have completely dried out. You'll have to bring them in at night. It's a long process but dried cornhusks kept in cool dry place will keep for up to six months.

Be sure to soak your dried cornhusks in warm water for at least 30 minutes before use. Soaking the husks will soften them making it easy to wrap. Dried husks will burn quickly on the grill.

Enjoy the rest of your summer and have some corn while it's in season. Happy cooking and eating!

