



LeiHall Farm Recipes

Creamed Corn

Choose the larger kernel corn. Clean and husk the corn. In a large bowl slice the tops of the kernels in a downward fashion all the way down the cob. Leave some of the kernel on the cob. Once the tips of the kernels have been sliced, take a flat dull knife blade and scrape the remainder of the corn on the cob, including the "pith" on the corn (the juicy meaty part of the corn). You should have a milky white juice that comes off the corn with the remainder of the kernels into the bowl. Once all the corn has been prepared, mix well and put into pint size zip loc bags in the freezer. No need to heat or blanch.

When ready to prepare, add frozen corn to a 10" cast iron skillet with a small amount of butter about 2 tablespoons. Allow corn to defrost a bit in skillet. Once corn is soft put on med-low heat. Stirring frequently, add a bit of milk, stir, then a few sprinkles of flour, etc., until the corn has creamed itself, and is of a thicker consistency, about 20 minutes. The corn will become thicker as it cools so a medium consistency is good. Add salt and pepper and enjoy.