

Sweet Corn

1 medium ear of corn makes about ¾ cup of kernels



Ingredients

Sweet corn

Directions:

1. Husk the corn and brush it softly to remove silk
2. Blanch the sweet corn: Boil water, dunk corn in boiling water for 5-6 minutes, then dunk in an ice bath for several minutes
3. After corn is cooled down, use a serrated knife to cut corn off of the cobb. Stand the cobb on end on a cutting board and cut from top down. Rotate and repeat for all kernels.
4. Line tray with parchment or silicone
5. Fill trays with sweet corn
6. Season each tray as desired
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 40 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Combine about 1 cup of corn and just shy of ½ cup water. Let sit, and then heat in the microwave. You can also rehydrate using about ¼ cup of butter and ¼ cup of water.

Try seasoning the corn before freeze-drying, and eat as a snack without rehydrating!

Notes:

Freshness Matters. After being harvested, sweet corn starts converting its sugar into starch almost immediately. That's why it's best eaten or freeze dried as fresh as possible for maximum sweetness.

Nutritional Value Per 1 cup

Calories: 132 Protein: 5 g Fat: 2 g Carbohydrates: 29 g Sugar: 9 g Fiber: 4 g