



September 21, 2016

Grilling Makes Corn Great

Boiling Taber corn is the quickest and easiest way to enjoy this local treat, but grilling takes it to the next level. The high heat of the barbecue helps to caramelize the natural sugars, bringing out the corn's inherent sweetness. It's delicious on its own (or with a squeeze of lime) but we've got more ways to enjoy this last taste of summer.

Our Grilled Corn with Chipotle Mayonnaise is a breeze to make, thanks to canned chipotle peppers and jarred mayonnaise. For a lower fat version, try replacing some of the mayo with Greek yogurt.

Try our Couscous with Grilled Corn for a quick side dish. It goes well with freshly grilled salmon or chicken, with some grilled vegetables or a leafy green salad.

Flavoured with ginger and cilantro, our Asian-inspired Grilled Corn and Edamame Salad is another easy recipe that can be multiplied to feed a crowd.

GRILLED CORN WITH CHIPOTLE MAYONNAISE

Ingredients:

1/2 cup (125 mL) mayonnaise
4 tsp (20 mL) finely chopped chipotle peppers in adobo sauce
2 tsp (10 mL) fresh lime juice
6 cobs corn, husked
1 tbsp (15 mL) oil

Method:

To prepare chipotle mayonnaise, combine mayonnaise, chipotle peppers and lime juice until blended. Cover and refrigerate until serving. Cut each cob of corn crosswise into 3 pieces. Combine corn and oil in a heavy plastic bag. Squeeze bag to coat corn with oil. Remove corn from bag. Grill corn over medium heat on natural gas barbecue, turning occasionally, until blackened in a few spots, about 10 - 15 minutes. Serve with chipotle mayonnaise. *Serves 6.*



COUSCOUS WITH GRILLED CORN

Ingredients:

1 large cob corn, husked
3 cloves garlic, peeled
2 tsp (10 mL) butter
1 3/4 cups (425 mL) chicken stock
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
1 1/4 cups (300 mL) couscous
1/4 cup (50 mL) thinly sliced green onion
1/4 cup (50 mL) finely chopped red bell pepper

Method:

Place corn and garlic on a piece of foil. Dot with butter and wrap tightly. Cook over medium heat on natural gas barbecue for 20 minutes, turning frequently. Unwrap corn and garlic. Using a sharp knife, slice corn off cob. Finely chop garlic. Combine corn, garlic, stock, salt and pepper in a medium saucepan. Place saucepan on a side burner or directly on barbecue grid and bring mixture to a boil. Gradually stir in couscous. Remove from heat. Cover and let stand 5 - 10 minutes. Fluff with a fork; stir in onion and red pepper. *Serves 4.*

GRILLED CORN AND EDAMAME SALAD

Ingredients:

2 cobs corn, husked
Oil
2 tbsp (25 mL) mayonnaise
1 tbsp (15 mL) fresh lemon juice
1/2 tsp (2 mL) ground ginger
1/4 tsp (1 mL) salt



1/4 tsp (1 mL) freshly ground pepper
2/3 cup (150 mL) frozen shelled edamame
1/4 cup (50 mL) chopped red onion
1/4 cup (50 mL) diced red bell pepper
2 tbsp (25 mL) chopped fresh cilantro

Method:

1. Lightly brush corn with oil. Grill corn over medium heat on natural gas barbecue, turning occasionally, until lightly browned, about 15 – 20 minutes; cool.
2. To prepare dressing, combine mayonnaise, lemon juice, ginger, salt and pepper until blended. Cover and refrigerate until serving.
3. Cook edamame in boiling salted water until tender, about 6 minutes; drain. Cool immediately in ice water; drain.
4. Using a sharp knife, slice kernels off each cob of corn. Combine corn, edamame, onion, red pepper and cilantro in a bowl. Add dressing and toss to coat. Serves 2 as a main dish or 4 as a side dish.

Cook's Note: *Edamame are tender green soybeans. They are available frozen, either unshelled (in the pod) or shelled.*