

## Side Dish

---

# Bearnise Creamed Corn

Alison Ladman - For The Associated Press  
Palm Beach Post

**Servings: 10**

**Start to Finish Time: 20 minutes**

**1 tablespoon canola or vegetable oil**  
**3 large shallots, finely chopped**  
**3 bags (1 pound ea) frozen baby corn kernels**  
**2 tablespoons tarragon white wine vinegar**  
**2 containers (16 oz) sour cream**  
**2 tablespoons fresh tarragon, chopped**  
**2 tablespoons fresh parsley, chopped**  
**salt (to taste)**  
**ground black pepper (to taste)**

In a large saute' pan over medium, heat the oil.

Add the shallots and cook until soft and translucent, about 5 minutes.

Add the corn and saute' until tender and just starting to brown, 7 to 8 minutes.

Add the vinegar, deglazing the pan.

Reduce the heat to low. Stir in the sour cream, taragon and parsley.

Heat gently, stirring constantly, until just hot.

Season with salt and pepper.

---

Per Serving (excluding unknown items): 101 Calories; 10g Fat (84.1% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 25mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 2 Fat.