

Super Creamed Corn Deluxe

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Servings: 4

CORN CREAM

3 cups corn tortilla chip,
generously packed

2 cups heavy cream

1 cup milk

CREAMED CORN

2 tablespoons butter

1 cup chopped vidalia or
other sweet onion

4 cups frozen organic corn

2 1/2 teaspoons salt

2 1/2 teaspoons freshly
ground black pepper

1 tablespoon sugar

2 tablespoons hot sauce

GARNISH

1 handful corn tortilla chips
(for crumbling)

1/2 cup scallions, thinly
sliced

Preparation Time: 20 minutes

Cook Time: 10 minutes

FOR THE CORN CREAM: Place the corn tortilla chips in a medium saucepan. Use your fist to break them down into big pieces. Add the cream and milk. Bring to a simmer. Cook for 1 minute.

Turn off the heat and let the mixture infuse for 2 minutes. Strain and reserve the liquid. Discard the soggy pieces.

FOR THE CREAMED CORN: In a medium skillet over medium heat, melt the butter. Add the onions and sweat them until they are soft but not browned, about 2 minutes. Add the corn and saute' for 1 minute. Add the strained cream, salt, pepper, sugar and hot sauce. Cook together for about 2 minutes until the corn is soft and the flavors are combined. The mixture should be sweet and tangy. If it looks a bit dry just add a little water.

To serve: Remove the creamed corn to a serving dish. Crumble some tortillas on top for crunch and scatter the scallions over the dish.

TIP

Don't let the cream mixture sit for too long before straining - you don't want clumps.

Per Serving (excluding unknown items): 519 Calories; 52g Fat (87.9% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 187mg Cholesterol; 1655mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.