

STEWED FRESH CORN

Ingredients

1. 6 Ears of Corn
2. Water to cover Corn
3. 1 tblsp. Corn Oil or Butter
4. 1/2 tsp. Salt
5. 1/2 tsp. Pepper
6. 1 1/2 tsp. Sugar
7. 1 tsp. Cornstarch

Instructions

1. Shuck, wash, and cut corn from cob.
2. Do not wash corn after cutting from the cob to preserve nutrients and taste.
3. Put corn in pot.
4. Add
5. Sprinkle sugar over corn.
6. Sprinkle salt over corn.
7. Sprinkle pepper over corn.
8. Add water to cover corn.
9. Bring to boil, lower heat and boil gently for about 15 minutes.
10. Make a paste of cornstarch and enough water to dissolve cornstarch.
11. Stir paste into corn, bring back to a boil and remove from heat. Spices may be increased or decreased according to your taste.