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FRESH SUPERSWEET CORN: GREAT FOR GIRLS WHO GRILL

No longer just the domain of the guys, grilling is for girls, too. So says Diane Morgan, co-author of the cookbook *Dressed to Grill*.

Isn't it fortunate that the start of grilling season coincides with the height of supersweet corn season? In Florida and Georgia, the harvest of this wonderful variety peaks in spring and early summer—just when everyone is yearning for corn on the cob right from the grill.

As grilling season gets under way, Diane urges girls to “rediscover the fun of the flames,” which for many a young woman means holding marshmallows on a stick over a campfire while making s'mores. Diane notes that grilling for girls is definitely not about the “daylong immolation of tough, T. rex-sized meat.” It's about food as art--the colors, textures and flavors.

Even if your mate insists on manning the grill, let him man-handle the meat. Meanwhile, you can get in touch with your inner-grill by preparing sizzling side dishes such as Diane's recipe for **Grilled Corn with Hotlips Chili Butter**. This simple enhancement to grilled supersweet corn turns color, texture and flavor into grilling greatness. The green of the cilantro and red of the chili powder accent the yellow of the corn. The creaminess of the butter melds with the creaminess of the corn. And the heat from the red pepper and pungency of the cilantro heighten the corn's natural sweetness. This simple flavored butter is sure to outshine the main meat.

-more-

There are other girls who grill. Chef Michelle Bernstein of Azul, a restaurant at Miami's Mandarin Oriental Hotel, uses *only* fresh supersweet corn. Chef Michelle typically grills or roasts corn to bring out its full flavor before using in recipes. Her **Fresh Corn Salsa** is created by a quick toss of the grilled kernels with black beans, mango cubes and a few other ingredients, and it's great with grilled fish or meat.

Chef Susan Goss of Chicago's West Town Tavern is another girl griller. She suggests her specialty, an herbed goat cheese spread, as an easy post-grilling slather for supersweet corn on the cob.

To preserve the freshness of supersweet corn, remove the husks and refrigerate it promptly. Corn that is tray wrapped in "breathable" plastic can go into the vegetable compartment just as it is.

GRILLED CORN WITH HOTLIPS CHILI BUTTER

Diane Morgan—Author of *Dressed to Grill*

1/4 cup (4 tablespoons) butter, softened

2 tablespoons chopped fresh cilantro

1/2 teaspoon salt

1/2 teaspoon chili powder

1/4 teaspoon sugar

Pinch ground red pepper

6 ears fresh supersweet corn, husked

Preheat outdoor grill or broiler. In a small bowl, combine butter, cilantro, salt, chili powder, sugar and ground red pepper. Brush corn lightly with mixture; grill, turning occasionally, until some kernels turn golden brown, 10 to 12 minutes. Remove to platter; brush with remaining chili butter. Serve with grilled chicken and red pepper kabobs, if desired.

YIELD: 6 portions

PHOTO # SC-17

FRESH SUPERSWEET CORN SALSA

Chef Michelle Bernstein—Azul Restaurant, Miami

- 2 ears fresh supersweet corn, husked
- 1 can (19 ounces) black beans, rinsed and drained
- 1 mango, peeled, pitted and cubed (about 1 cup)
- 3 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 thinly sliced green onion (scallion)
- 1 teaspoon finely chopped jalapeno pepper
- 1/4 teaspoon salt

Preheat outdoor grill or broiler. Grill or broil corn, turning occasionally, until some kernels turn golden brown, 10 to 12 minutes; cool. Using a sharp knife, cut corn off cobs (makes about 1-1/4 cups). In a medium-sized bowl, combine corn kernels with black beans, mango, lime juice, olive oil, green onion, jalapeno and salt. Serve with grilled or roasted meats, if desired.

YIELD: about 3 cups

FRESH CORN WITH HERBED GOAT CHEESE SPREAD

Chef Susan Goss—West Town Tavern, Chicago

- 6 ears fresh supersweet corn
- 2 ounces fresh goat cheese (about 1/4 cup)
- 2 tablespoons butter, softened
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
- 1/8 teaspoon ground black pepper
- Pinch salt

Preheat outdoor grill or preheat oven to 500° F. Place corn in husks on grill or roasting pan; wrap husked ears in aluminum foil. Grill or roast corn, turning occasionally, until kernels are tender, about 12 minutes. Meanwhile, in a small bowl, combine goat cheese, butter, thyme, pepper and salt; stir until smooth; set aside. Remove husks and silks or unwrap corn in foil; spread goat cheese mixture on ears.

YIELD: 6 portions (1/2 cup goat cheese spread)

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CAPTION

**Fresh cilantro and chili powder are two of the feisty ingredients in Hotlips Chili
Butter, perfect for slathering on supersweet corn before and after grilling.**

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CREDIT: Fresh Supersweet Corn Council

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A GRILLING GODDESS TALKS ABOUT FRESH CORN

Chef Susan Goss of Chicago's West Town Tavern shares her favorite tips for flavoring and grilling fresh supersweet corn.

Good to Grill: One simple method calls for husking the corn and, if you like, brushing it with seasoned oil or butter. Grill 10 to 12 minutes, turning the ears several times, until the corn is hot and some kernels turn golden.

Rub 'n' Grill: Prepare supersweet corn for grilling by carefully peeling back the husks, removing the silks and rubbing the corn with a seasoned spread. Then rewrap the corn with their husks, tying a string or strip of husk around the tips. After being turned on the grill for about 12 minutes, the ears will be ready to eat.

Soak 'n' Grill: Soak unhusked ears in water for 20 minutes or up to 2 hours. After grilling until the kernels are tender, about 12 minutes, pull back the husks, remove the silks with a paper towel and brush with a seasoned spread.

Easy Pesto Butter: Add 2 tablespoons pesto—from a jar or made at home—to one stick of softened butter.

Off the Cob: To prevent kernels from flying, cut ear into two pieces. Holding each piece upright on a cutting board, cut from top to bottom to remove kernels.

Corn Kabobs: Insert skewers through two-inch thick pieces of corn on the cob to make colorful kabobs.

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LEAFLET OFFER

Fresh Supersweet Corn—7 Ways for 7 Days

The sun-ripened taste of fresh corn is guaranteed to brighten the spirits of everyone around your table. That's a good incentive to cook it often—and you can start right now, because fresh Supersweet corn is in your supermarket most of the year, from October to July. This corn keeps its sweetness longer than traditional corn and can be boiled, broiled, roasted, microwaved or even eaten uncooked. A new leaflet offers a variety of “corny” serving ideas, including recipes for Crunchy Supersweet Corn Salad, Roasted Supersweet Succotash and Hickory Broiled Supersweet Corn. The leaflet also provides nutrition information and helpful tips on selecting and storing fresh corn. To order this free leaflet, send a self-addressed, business-sized, stamped envelope (#10) to: Fresh Supersweet Corn Council, 7 Ways for 7 Days, P.O. Box 636, New York, NY 10159.

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