

# MARYLAND FARM & HARVEST

## “The Local Buy” Recipes, Episode 804

### Sweet Corn Recipes

*Courtesy of Michele Hopkins, Hopkins Produce*

#### Corn Pudding

##### *Ingredients*

- ½ cup (or 1 cup) butter, softened
- ½ cup sugar
- 2 large eggs
- 1 cup sour cream
- 1 package (8.5 ounces) cornbread muffin mix
- ½ cup milk
- 15-16 ounces fresh corn
- 14 ounces creamed corn (see recipe below)
- 1 teaspoon (or tablespoon) vanilla extract
- 1 teaspoon nutmeg



##### *Directions*

Preheat oven to 325°. In a large bowl, cream butter and sugar until fluffy (5-7 minutes). Add eggs one at a time, beat well. Beat in sour cream. Gradually add muffin mix alternating with milk. Add vanilla extract and nutmeg. Fold in corn and creamed corn. Pour into greased 3-quart baking dish or 13x9 baking pan. Bake uncovered until set and lightly browned—depending on the oven, 45 minutes to 1 hour.

#### Creamed Corn

##### *Ingredients*

- 10 ounces fresh corn
- 1 cup heavy cream
- 1 teaspoon salt

- 2 tablespoons sugar
- ¼ teaspoon ground pepper
- 2 tablespoons butter
- 1 cup milk
- 2 tablespoons flour

#### *Directions*

In a skillet, combine corn, cream, salt, sugar, pepper, and butter. Whisk together. Stir milk and flour into corn mixture. Cook over medium heat, stirring until it is thickened.

### **Potato Corn Ham Soup**

#### *Ingredients*

- Chicken broth
- Milk
- Half and half
- Potatoes
- Diced ham
- Fresh corn
- Diced onions
- Thyme (fresh if possible)
- Ground pepper
- Butter
- Kosher, sea, or himalayan salt

#### *Directions*

Experiment with different quantities until you find your favorite way!