

## **CORN**

1. Shuck ears and remove silk.
2. Steam blanch ears for 4 minutes, then drain.
3. Cut kernels from ears.
4. Dry kernels or drained canned corn at 130°F for 8-12 hours or until shriveled and brittle.

Dried corn works well in casseroles, creamed corn, stews, chowders, soups. You can even make your own cornmeal, by using a foodmill or grinder to grind the dried kernels.

To re-hydrate, soak in hot water for about 30 minutes, then simmer until tender.