

# Food & Drink

## Corn season has arrived!

It's finally corn season. Those partial to fresh, sweet yellow corn covered in melted butter are flocking to local farms to get one, two or even three dozen.

Some local farms can't keep up with the demand of corn-crazed buyers.

Myra Chepack of Chepack's Country Market in Stouffville said that as fast as the corn was picked on the fields last weekend and brought into the market, it disappeared.

If you're looking for a different way to serve corn on the barbecue, why not try a Foodland Ontario recipe for Honey Garlic Glazed Kebabs?

Then there's a corn relish recipe to make in small batches, and finally a great, fast way to cook up that fresh corn in your microwave.

Local broccoli is also available now, perfect for salads or special creations to tempt even non-vegetable lovers (see recipe below).

A scrumptious way to prepare broccoli is featured in Foodland's Cheese and Broccoli Calzones.

### HONEY GARLIC GLAZED CORN KEBABS

Made with chunks of Ontario Sweet Corn, smoked sausage and red and green peppers, these kebabs are real barbecue show-offs.

Bright and colorful, they come hot off the grill, glistening with an easy honey, garlic and soy glaze.

If you find it hard to thread the corn pieces onto the skewers, run a thin metal kitchen skewer through the centre of each piece first.

Pre-cook the corn so it won't dry out on the barbecue and just grill until the kebabs are hot and glazed.

Preparation Time: 15 min.

Cooking Time: 10 to 15 min.

4 small cobs of Ontario Sweet Corn, husked, cut into 24 (1 in./2.5 cm) pieces

2 cloves garlic, minced

1 tbsp (15 mL) vegetable oil

1/3 cup (75 mL) ketchup

1/3 cup (75 mL) honey

2 tbsp (25 mL) soy sauce

4 smoked cooked sausages, cut diagonally into quarters

16 chunks, green pepper

16 chunks, red pepper

In large pot of boiling water, parboil corn 3 to 4 minutes or until almost tender; drain well. In small saucepan, sauté garlic in oil until tender. Add ketchup, honey and soy sauce; stir to combine.

Cook, stirring, over medium heat until boiling. Set sauce aside to cool.



### COME AND GET IT:

Myra Chepack of Chepack Country Market in Stouffville shows off some fresh corn just picked from the fields. They're selling for \$3.50 per dozen or 30 cents each. Whether you barbecue them, microwave or boil them in the traditional way, add a little butter and salt and they taste delicious.

Photo by SJOERD WITTEVEEN

Thread corn pieces onto 8 metal skewers, alternating with sausage and peppers.

Brush kebabs with sauce.

Grill 4 to 6 in. (5 to 10 cm) from medium-hot coals 10 to 15 min. or until sausage and vegetables are hot and glazed, turning and brushing several times with sauce.

Serves 4.

### SMALL BATCH CORN RELISH

Makes about 2 1/2 cups (300 mL)

In medium microwavable casserole, combine the following:

1/4 cup (50 mL) granulated sugar

1 tbsp (15 mL) cornstarch

1/2 tsp (2 mL) each celery seeds, curry powder, hot red pepper flakes

1/4 tsp (1 mL) salt and pinch of pepper

Whisk in:

1/3 cup (75 mL) white vinegar until blended.

Add:

1 medium finely-chopped onion  
1/2 cup (125 mL) finely chopped red pepper

Cover and microwave at high for 3 to 4 minutes or until mixture boils.

Stir, add 2 cups (500 mL) cooked Ontario corn kernels (from 4 cobs), cover and microwave 3 to 4 minutes or until mixture boils and thickens.

Spoon into clean jars, cover and refrigerate. Use within two months.

### MICROWAVED CORN IN THE HUSK

Makes 4 servings.

Soak ears of corn in 1 inch water 10 minutes.

Drain and space evenly in microwave. Microwave at high 8-10 min. or until tender when squeezed.

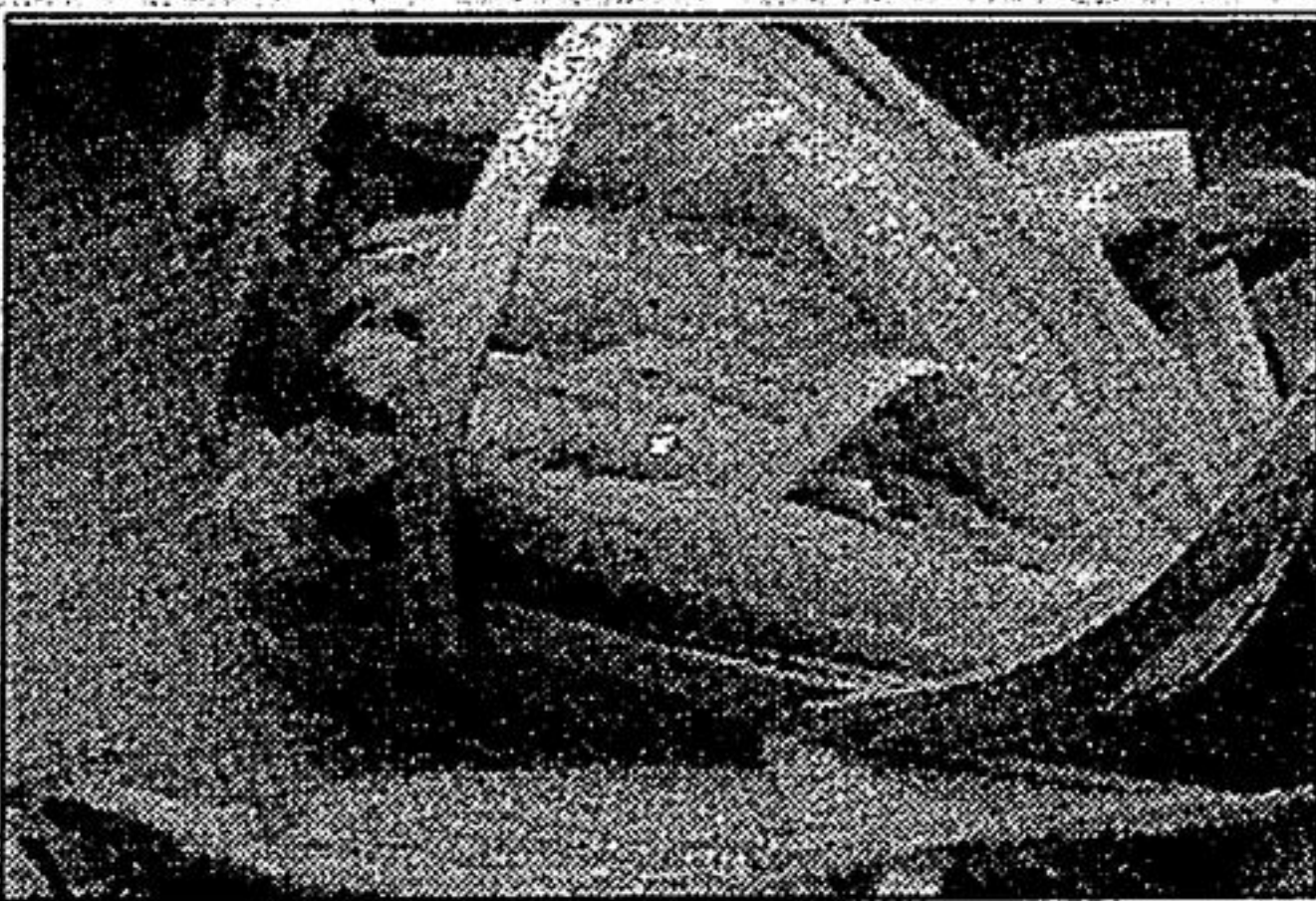
Let stand 10 minutes before serving. Husk and silk will easily peel off, ready for the compost.

Serve with herb or plain butter, salt and pepper.

If you're microwaving only one or two cobs, wrap individually.

Microwave on high power for 2 minutes per cob, or just until tender.

Let stand 2 minutes before unwrapping.



### RECIPES

#### CHEESE AND BROCCOLI CALZONES

Consider cooking extra broccoli ahead, as a time-saver, when weekly menu planning includes this recipe.

Fifteen minutes to bake these appetizing calzones makes the few extra minutes of preparation worthwhile. Using commercial frozen bread dough and the microwave oven for dough rising eases the preparation time.

For added variety, substitute 1 cup (250 mL) of cauliflower for half of the broccoli.

Preparation Time: 30 min.

Cooking Time: 15 min.

1 loaf (1 lb/500 g) white or whole wheat frozen bread dough

Filling:

1/2 pkg light cream cheese (250 g)

1/2 cup (125 mL) cottage cheese

1 egg, lightly beaten

1 cup (250 mL) shredded mozzarella cheese

2 cups (500 mL) chopped Ontario broccoli florets, blanched

1/4 cup (50 mL) chopped red pepper

1 green onion, chopped

1/2 tsp (2 mL) hot pepper sauce

1/4 cup (50 mL) cornmeal

Allow loaf to thaw overnight in refrigerator or at room temperature for 3 to 4 hours. Place loaf in microwavable bowl alongside 4 cup (1 L) glass measure containing 3 cups (750 mL) hot tap water. Cover loaf with paper towel; heat on Low (10 per cent) 20 to 25 min. until doubled in size.

Beat cream cheese, cottage cheese and egg until smooth. Stir in mozzarella cheese, broccoli florets, red pepper, onion and hot pepper sauce.

Punch dough down; divide into 4 pieces. Roll each piece into 8 in. (20 cm) circle on surface sprinkled with cornmeal.

Divide filling evenly over half of each circle. Fold dough over filling and seal edges. Cut several slits in top with sharp knife.

Bake on lightly greased pan in 450 degree F (230 degree C) oven 15 to 20 min. until golden brown and crisp.

Serves 4.

## Hints for herb usage

Herbs — aromatic leaves from non-woody plants and shrubs — can add flavor to just about any dish you prepare.

The following is a guide to herbs from *The Family Circle Cookbook, New Tastes for New Times*.

**Basil:** tastes like a cross between cloves and licorice and it can be added to most pot roasts, stews and chicken dishes. You can add a few sprinkles of basil to ripe tomatoes and the herb enhances salad dressings and dips.

**Dill:** has a lemony flavor. Sprinkle dill on lamb and pork or use a dill-butter sauce on strong-flavored fish. Dill goes well with most vegetables and makes great yogurt-based sauces and dips.

**Oregano:** has a hot peppery flavor and is important in Greek and Italian cooking. It is great in meatballs, pork and on pizza. It is a traditional herb for spaghetti and barbecue sauce, as well as chili.

**Parsley:** stimulates digestion. It is excellent for seasoning all kinds of meats in the final stages of cooking.



### Food for Thought

Lisa Cartwright

**Rosemary:** has a strong, sun-warmed pine needles aroma. It's good in marinades and adds flavor to most meats. You should use it sparingly with fish and egg.

**Sage:** has a lemony, pleasantly bitter taste that is good with fatty meats. It's good with grilled fish and stuffing. It's good with any vegetable, but should be used sparingly in egg dishes.

**Tarragon:** works well with most meats and is excellent with fish and poultry. It's a good herb for sauces, dressing and spreads.

**Thyme:** has a faint clover flavor and an aroma of mint and lemon.

It is an essential flavoring for beef and lamb stew, clam chowder and poultry. It's good with butter and steamed vegetables and salad dressings. It can also be used in egg dishes and light cheese sauces.