CREAM STYLE CORN

Quantity An average of 20 pounds (in husks) of sweet corn is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 12 to 20 pounds - an average of 2¼ pounds per pint.

Quality Select ears containing slightly immature kernels, or of ideal quality for eating fresh.

Procedure Husk corn, remove silk, and wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at about the center of kernel. Scrape remaining corn from cobs with a table knife.

Hot Pack To each quart of corn and scrapings, add two cups boiling water. Heat to boiling. Add ½ teaspoon salt to each jar, if desired. Fill pint jar with hot corn mixture, leaving 1-inch headspace. Adjust lids and process according to the recommendations in Tables 1 or Table 2 depending on method of canning used.

Table 1. Recommended process time for **Cream Style Corn** in a dial-gauge pressure canner.

			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	**Jar Size**	**Process Time**	**0-2,000 ft**	**2,001-4,000 ft**	**4,001-6,000 ft**	**6,001-8,000 ft**
Hot	Pints	55 min	**11 lb**	12 lb	13 lb	14 lb

Table 2. Recommended process time for **Cream Style Corn** in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	**Jar Size**	**Process Time**	**0 - 1,000 ft**	**Above 1,000 ft**
Hot	Pints	85 min	**10 lb**	15 lb

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Source: National Center for Home Food Preservation

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University of Nebraska Lincoln EXTENSION

FREEZING AND CANNING CORN

In Partnership with:

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FREEZING CORN

Preparation Select only tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove silks and wash.

Corn-on-the-Cob Water blanch* small ears (1¼ inches or less in diameter) 7 minutes, medium ears (1¼ to 1½ inches in diameter) 9 minutes and large ears (over 1½ inches in diameter) 11 minutes. Cool promptly and completely to prevent a "cobby" taste. Drain and package. Seal and freeze.

Whole Kernel Corn Water blanch 4 minutes. Cool promptly and cut from the cob. Cut kernels from cob about 2/3 the depth of the kernels. Package, leaving ½-inch headspace. Seal and freeze.

Cream Style Corn Water blanch 4 minutes. Cool promptly and drain. Cut kernel tips and scrape the cobs with the back of a knife to remove the juice and the heart of the kernel. Package, leaving ½-inch headspace. Seal and freeze.

*BLANCHING

Blanching (scalding vegetables in boiling water or steam for a short time) is a must for almost all vegetables to be frozen. It stops enzyme actions which can cause loss of flavor, color and texture.

Another way to prepare cream style corn for freezing is to cut and scrape the corn from the cob without blanching. Place the cut corn in a double boiler, and heat with constant stirring for about 10 minutes or until it thickens; allow to cool by placing the pan in ice water. Package in moisture-vapor resistant containers, leaving ½-inch headspace. Seal and freeze

CANNING

CORN - WHOLE KERNEL

Quantity An average of 31½ pounds (in husk) of sweet corn is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. A bushel weighs 35 pounds and yields 6 to 11 quarts — an average of 4½ pounds per quart.

Quality Select ears containing slightly immature kernels or of ideal quality for eating fresh. Canning of some sweeter varieties or too immature kernels may cause browning.

Procedure Husk corn, remove silk, and wash. Blanch 3 minutes in boiling water. Cut corn from cob at about three-fourths the depth of kernel. **Caution: Do not scrape cob.**

Hot Pack To each clean quart of kernels in a saucepan, add 1 cup of hot water, heat to boiling and simmer 5 minutes. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with corn and cooking liquid, leaving 1-inch headspace.

Raw Pack Fill jars with raw kernels, leaving 1-inch headspace. Do not shake or press down. Add 1 teaspoon of salt per quart to the jar, if desired. Add fresh boiling water, leaving 1-inch headspace. Adjust lids and process following the recommendation in Table 1 or Table 2 according the method of canning used.

Table 1. Recommended process time for **Whole Kernel Corn** in a dial-gauge pressure canner.

			Canner Gauge Pressure (PSI) at Altitudes of			
Style of Pack	**Jar Size**	**Process Time**	**0-2,000 ft**	**2,001-4,000 ft**	**4,001-6,000 ft**	**6,001-8,000 ft**
Hot	Pints or	55 min	**11 lb**	12 lb	13 lb	14 lb
Raw	Quarts	85	**11 lb**	12 lb	13 lb	14 lb

Table 2. Recommended process time for **Whole Kernel Corn** in a weighted-gauge pressure canner.

		Canner Pressure (PSI) at Altitudes of		
Style of Pack	**Jar Size**	**Process Time**	**0 - 1,000 ft**	**Above 1,000 ft**
Hot	Pints	55 min	**10 lb**	15 lb
Raw	Quarts	85 min	**10 lb**	15 lb