

Gulliver's Creamed Corn

Gulliver's Restuarant

Dear SOS: Thirty years of Recipe Requests (Los Angeles Times Food Section)



Just the most yummy, creamy way with corn there is.

8 ears corn

1 cup whipping cream

2 teaspoons salt

1 teaspoon sugar

2 teaspoons butter

2 teaspoons flour

1/3 cup grated Parmesan cheese

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 10

You can use frozen corn, but make sure it's a superior quality. Defrost before proceeding with recipe.

1. Cut corn from the cob and place in saucepan with whipping cream. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in salt and sugar.
2. Melt the butter in a small pan and stir in flour. Do not brown. Stir this roux into the corn and cook until slightly thickened. Turn corn into oven-proof dish. Sprinkle with cheese and dot with additional butter. Brown under the broiler and serve.

Per Serving (excluding unknown items): 166 Calories; 11g Fat (56.8% calories from fat); 4g Protein; 15g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 504mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.