

Shelby's Sweet Corn on the Cob

One of my favorite places to “prep shop” is in Salem, OR. Before the book signing on 5/5, I took a fast walk through and scored several deals—including corn. Let me tell you how I did it.

First, the location. It's Wheeler Dealer on Market Street right off the I-5. I am not going to sugar coat it—it's a sketch place that has the garage sale items from other discount stores. It's the discount of discounted stores. Be sure to pack and bring backup. No joke.

However, it's worth it. I shop here often.

This weekend right at the front door, a case of sweet corn for \$13.50 or three for a dollar. Three for a dollar is no great deal. As I looked at the cases, I figured it might be worth it.

It is—on steroids! Now you ask, do I plan to eat a case of corn in a week before it goes bad? No, I prep it.

How? I use my Foodsaver a lot as you can tell. Here's the process and how little it cost me.

Step 1: Shuck the corn.

Step 2: Blanch the corn. That is simply boiling it for ten minutes.

Step 3: Drop the blanched corn in a bowl of ice water to stop the cooking process.

Step 4: Drain the corn. Don't bypass this step! Foodsavers don't operate well with wet food.

Step 5: Foodsaver the cobs in packages you will want to serve later.

Step 6: Freeze them.

When you're ready to eat them, simply take them out of the freezer to thaw. Here's the easy part—snip the corner of the Foodsaver bag and microwave for about a minute. Dinner is served!

I just prepared eleven vegetable side servings for meals through the summer for \$13.50.

Look for sweet corn on sale now...or check out Wheeler Dealer!



1 - Forty-seven ears of flawless sweet corn for \$13.50.



2 - Ready for blanching...



3 - After dropping in ice water to stop the cooking process, strain well.



4 - I package four ears per bag.



5 - Vegetables for eleven meals for \$13.50. That is \$1.15 per meal.