

CULINARY DISCOVERY PAVILION

Sponsored by
MidwestLiving
A People Inc. Brand

WOK ROASTED IOWA SWEET CORN

Chef Katie Van Dyke, Iowa Culinary Institute, United States

INGREDIENTS

Corn:

- 10 grams neutral oil
- 250 grams local Iowa sweet corn, fresh and cut off the cob
- 30 to 35 grams miso butter
- Salt, to taste
- Fresh lime juice, to taste

Garnish:

- 15 grams scallions, sliced
- 1 lime wedge

Miso butter:

- 113 grams unsalted butter
- 113 grams white miso
- 12 grams sugar

INSTRUCTIONS

For the Corn:

Preheat the wok until it is visibly smoking. (A sauté pan can be substituted for the wok; heat it over medium-high heat.) Add the corn and oil and quickly stir-fry the corn.

Add the miso butter and quickly toss to avoid burning the butter. Add salt to taste. Add lime juice to taste. Place the corn in a serving bowl.

Garnish with the lime wedge and scallions.

For the Miso Butter:

Bring the butter to room temperature to ensure an even consistency. Place the softened butter, miso, and sugar in a stand mixer. Mix until creamy.

Use the extra butter on other vegetables or steaks.



Produced by
DSM USA | **Greater Des Moines Partnership**