



Food  
Preservation  
for Youth

Method 4: Freezing (Adv.)

## Freeze My Corn-on-the Cob

### Ingredients:

- 8 equal-sized ears of corn
- 5 pounds ice
- Ingredients from 'Want to Experiment?' (optional)

### Equipment:

- Gas or electric stovetop range
- Freezer
- Quart freezer bags
- Permanent marker or ink pen
- Blancher with basket and cover  
(or a large pot with lid and wire basket)
- Vegetable brush
- Colander
- Large bowl
- Paper towels (optional)
- Headspace tool
- Timer (may be on oven)
- Tongs

...and if you want to cook and eat some corn-on-the-cob  
(fresh or frozen), then you'll also need:

- Large stockpot
- Butter or olive oil
- Salt



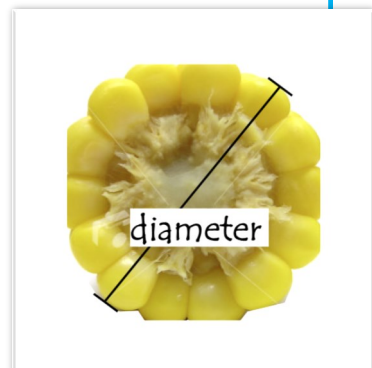
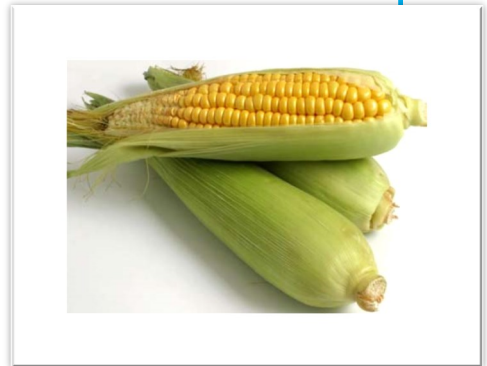
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- \_\_\_ Wash hands for 20 seconds and dry well.
- \_\_\_ Assemble equipment and ingredients.
- \_\_\_ Use a permanent marker or pen to label clean freezer bags. Remember to include the date.
- ★ Fill the blancher about  $\frac{1}{2}$  full of hot water. Place the blancher on a large eye of the stovetop, turn heat on high, and bring the water to a boil.
- \_\_\_ Fill a large bowl with ice and cold water.
- \_\_\_ Use your hands to remove the husks (outer leaves) from the ears of corn. Remove silks by gently rubbing ears of corn with a vegetable brush.
- \_\_\_ If corn is over 8 inches long, grip the ends firmly and break in half to form two small cobs.
- \_\_\_ Rinse the corn in cold water in a colander.
- \_\_\_ Use headspace tool to measure the diameter of the ears across their widest section and sort according to size:  $\leq 1\frac{1}{4}$  inches is small,  $1\frac{1}{4}$  to  $1\frac{1}{2}$  inches is medium,  $>1\frac{1}{2}$  inches is large.
- ★ Check the water in the blancher to make sure it is at a strong boil.



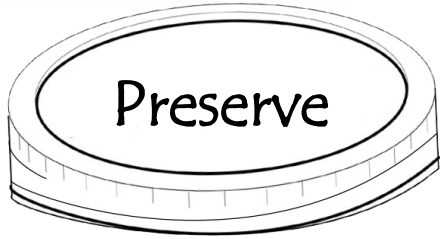
★ = **BE EXTRA CAREFUL!**



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★ Put four of the same size ears of corn in the blanching basket and lower into boiling water. Place lid on the blancher. The water should return to a boil within 1 minute. When the water boils again, set timer according to chart.

— When timer sounds, cool the ears quickly by plunging the basket of corn into a bowl of ice cold water. Leave the corn in ice water for the same amount of time as blanching, then feel with clean hands to make sure the cobs are cool.

— Once cool, drain corn in a colander.

— Blot ears dry with paper towels (optional).

★ Repeat blanching steps as needed for remaining ears.

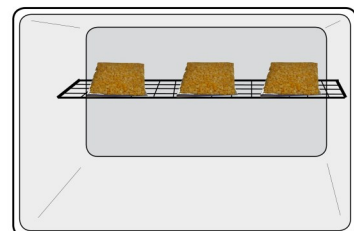
— Pack cooled ears of corn into freezer bags. Press as much air as possible out of the bag. Remove or add corn so that headspace (space between the corn and the sealing area of the bag) is  $\frac{1}{2}$ -inch.

— Place bags of corn in the coldest part of the freezer — the back and sides. If there are shelves, place packages in contact with shelves to allow for quicker freezing.

For best quality, keep freezer at 0°F and enjoy within 8 to 12 months.

Blanching Times for  
Small, Medium or Large  
Ears of Corn

Size of Ear	Blanching Time
Small ( $\leq 1\frac{1}{4}$ inches in diameter)	7 minutes
Medium ( $1\frac{1}{4}$ to $1\frac{1}{2}$ inches in diameter)	9 minutes
Large ( $> 1\frac{1}{2}$ inches in diameter)	11 minutes



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