

# THE BEST CREAMED CORN RECIPE



*A great recipe from The Suburban Soapbox*

## INGREDIENTS

2 tbsp butter  
1 medium Vidalia onions  
or other sweet onion  
diced  
3 tbsp flour  
2 cups half and half  
3 cups sweet corn  
kernels  
1 tsp kosher salt  
2 tbsp sugar  
1/4 tsp nutmeg  
1/4 cup grated  
parmesan cheese

## INSTRUCTIONS

1. Heat the butter in a large skillet over medium high heat.
2. Add the onion to the pan and cook for 3-4 minutes until softened.
3. Sprinkle the flour over the onion and stir to coat. Continue to cook for 2-3 minutes until the flour starts to turn golden. (Similar to making a roux)
4. Slowly stir in the half and half. Cook for 2 minutes or until the sauce starts to thicken slightly.
5. Add the corn, salt, sugar, nutmeg and cheese. Stir to combine.
6. Bring the creamed corn to a simmer and cook until thickened, approximately 3-4 minutes longer.
7. Remove from the heat, top with additional cheese (if desired) and serve. Creamed Corn is best if served immediately but can be stored in the refrigerator in an airtight container for up to 2 days.



*Submitted by Alfe Wood, '22*

