

# Cooking Corner Tips To Help You

## Supersweet Corn Partners with Shrimp in a Tasty One-Pot Dinner

(NAPSA)—If there's anything as much fun as a New England lobster boil, it's a Great Lakes fish boil or a Louisiana crawfish boil. The seafood may vary, but these traditional one-pot meals just can't be made without fresh corn on the cob.

Originally made outdoors in summer, these all-American specialties can now be prepared year round in your kitchen, using plump, juicy ears of exceptionally delicious Southern Supersweet Corn. Easy to enjoy and easy on the cook, the following recipe calls for simmering potatoes in a quick and hearty broth flavored with seafood seasoning and ale. Once the fresh corn cobs, shrimp and cabbage go in, dinner will be ready by the time you finish setting the table.

Grown in the American South, Supersweet Corn is in season from October until mid-July, with production highest in April through June. For peak freshness, husk the ears as soon as possible and refrigerate in plastic bags. Stored this way, Southern Supersweet Corn will stay sweet for several days, longer than other varieties.

### BOILED SHRIMP AND FRESH CORN DINNER

- 1 bottle (12 ounces) ale or beer\***
- 1 onion, cut in 8 wedges**
- 2 tablespoons ground seafood seasoning blend**
- 4 small thin-skinned potatoes, quartered**
- 4 ears fresh Southern Supersweet Corn, husked and quartered**



Invite family and friends to dig into a delicious one-pot dinner, peeling the shrimp and eating the corn with their hands.

- ½ small cabbage, quartered**
- 1 pound unpeeled large shrimp**

**In a large saucepot, combine 6 cups water, the ale, onion and seafood seasoning; bring to a boil. Add potatoes; cover and boil until barely tender, about 10 minutes. Stir in corn, cabbage and shrimp; return to a boil; cook until cabbage is tender and shrimp turn pink, about 5 minutes.**

**\* Or substitute 1½ cups water**

**YIELD: 4 portions**

**Per Portion: 389 calories, 31 g protein, 3 g fat, 57 g carbohydrate, 199 mg sodium.**

For a free leaflet with recipes and ideas for serving corn as part of a main dish or on the side, send a self-addressed stamped envelope to Southern Supersweet Corn Council, 49 East 21 St., 8th Floor, New York, NY 10010.