

Jalapeno “Creamed” Sweet Corn



Ingredients:

3-4 tbsp. extra virgin olive oil

1/2 cup sweet onion, diced small

4 ears sweet corn, kernels cut from cob

2-3 cloves minced garlic

season to taste with salt & pepper

1 jalapeno, seeded and diced fine

3/4 cup heavy cream

chopped rosemary or thyme for garnish

(optional)

Parmesan cheese, grated to taste (optional)

Method: in a medium sauté pan over medium heat add olive oil and diced onions. Cook 2- 3 minutes, and then add corn kernels, garlic and season to taste. Cook 3-5 minutes to soften corn. Add jalapeno, cream and simmer 5-8 minutes to thicken and infuse the flavors!!! Garnish with herbs and parmesan cheese to taste.