

GOURMET FISHING

Season III - Episode XXIX



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Seared-Sauted Fresh Corn



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Abacos Bar & Grill's Sear-Sauted Fresh Corn





Grocery List

Seared-Sauted Fresh Corn

Corn

Butter

Cayenne Pepper

Sugar

Powdered Chick-
en Boullion

Water

Heavy Cream



Abacos Bar & Grill's Sear-Sauted Fresh Corn

Abacos' Seared-Sauted Corn



Serves 4
Ingredients

4 Ears Fresh Corn
4 Tbs Butter
1/8 tsp Cayenne Pepper
1/2 Tbs Sugar
1/2 cup Powdered Chicken Boullion
1 cup Water
1/4 cup Heavy Cream (40% Cream)

Shuck and de-silk the corn. Break and discard the pointed end of the cob. Next, break the cobs in half. Then, using a large knife, remove the corn from the cob. Be careful not to cut yourself.

In a large skillet, melt the butter over medium-high heat. Add the corn to the pan and begin to saute. Add the salt, cayenne pepper, and saute for another 5 minutes. Next, add the sugar and saute for another 2-3 minutes. Next, add the powdered chicken bullion and stir to combine. Add the water and also stir to combine; saute for another 5 minutes. Finally, add the cream and combine throughout. Saute for 5-6 minutes until the liquid has evaporated.

Taste and adjust as needed.



Gourmet Fishing



We catch fish, and then, We cook our catch...



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