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|---|---|
| Prep Time | 10 minutes |
| Cook Time | 15–18 minutes |
| Total Time | 25–28 minutes |
| Yield | 6 servings (about 3 cups) |
| Difficulty | Easy |
| Cuisine | American / Southern comfort food |

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Table of Contents


- Ingredients
- Equipment Needed
- Instructions
    - Step 1: Prep the Corn — Time: 6 minutes | Intensity: Medium
    - Step 2: Melt the Butter — Time: 2 minutes | Intensity: Low
    - Step 3: Make the Roux — Time: 2 minutes | Intensity: Medium
    - Step 4: Add the Milk — Time: 3 minutes | Intensity: Medium
    - Step 5: Add the Corn and Seasonings — Time: 2 minutes | Intensity: Low
    - Step 6: Simmer and Thicken — Time: 8–10 minutes | Intensity: Low–Medium
    - Step 7: Finish and Garnish — Time: 2 minutes | Intensity: Low
    - Step 8: Serve — Time: 1 minute | Intensity: Low
- Time & Intensity Summary
- Nutrition Information (Per Serving — about ½ cup)


## Ingredients

For the creamed corn:

- 6 ears fresh sweet corn (about 4 cups kernels), or 4 cups frozen corn, thawed

- 3 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 cup whole milk (or half-and-half for extra richness)
- ¼ cup heavy cream
- 1 tablespoon granulated sugar (optional, adjust to corn sweetness)
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper
- Pinch of cayenne pepper (optional)
- 2 tablespoons grated Parmesan cheese (optional, for depth)
- 2 tablespoons chopped fresh chives or parsley, for garnish

Optional flavor boosters:

- 2 slices bacon, cooked and crumbled

- ¼ teaspoon smoked paprika
- 1 tablespoon cream cheese, for extra tang

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## Equipment Needed

- Sharp knife and cutting board (for fresh corn)
- Large skillet or saucepan (10–12 inch / 25–30 cm)
- Box grater (if grating corn)
- Wooden spoon or silicone spatula
- Measuring cups and spoons

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## Instructions

### Step 1: Prep the Corn — *Time: 6 minutes | Intensity: Medium*

If using fresh corn, husk the ears and remove the silk. Stand each ear upright in a bowl and

slice the kernels off with a sharp knife. Then — the secret step — turn the knife over and scrape the back of the blade down the cob to release the milky corn “pulp.” This starchy liquid is the key to authentic, naturally creamy creamed corn. If using frozen corn, simply measure and set aside. If you want a smoother texture, pulse half the kernels briefly in a food processor or grate them on a box grater.

## Step 2: Melt the Butter — *Time: 2 minutes* | *Intensity: Low*

Melt the butter in a large skillet over medium heat until foamy but not browned. Swirl to coat the pan evenly.

## Step 3: Make the Roux — *Time: 2 minutes* | *Intensity: Medium*

Sprinkle the flour over the melted butter and whisk constantly for 1–2 minutes until the mixture is smooth, pale golden, and smells nutty. This roux thickens the cream sauce and gives the dish its velvety body. Don’t let it brown — keep the heat moderate and keep whisking.

## Step 4: Add the Milk — *Time: 3 minutes* | *Intensity: Medium*

Pour in the milk in a steady stream, whisking constantly to prevent lumps. Add the heavy cream and continue whisking. Cook for 2–3 minutes until the sauce thickens enough to coat the back of a spoon. It should look like a light béchamel.

## Step 5: Add the Corn and Seasonings — *Time: 2 minutes* | *Intensity: Low*

Stir in the corn kernels and scraped corn pulp, sugar (if using), salt, black pepper, and cayenne. Stir well to coat every kernel in the creamy sauce.

## Step 6: Simmer and Thicken — *Time: 8–10 minutes* | *Intensity:*

### *Low–Medium*

Reduce the heat to medium-low and simmer uncovered for 8–10 minutes, stirring occasionally. The corn will soften slightly, release its natural sweetness, and the sauce will thicken into a glossy, creamy consistency. If it becomes too thick, splash in 2–3 tablespoons of milk or water. Taste and adjust salt and sugar.

### Step 7: Finish and Garnish — *Time: 2 minutes | Intensity: Low*

Stir in the Parmesan (if using) and cream cheese (if using) until melted and smooth. If adding crumbled bacon or smoked paprika, fold it in now. Remove from heat. Garnish with fresh chives or parsley.

### Step 8: Serve — *Time: 1 minute | Intensity: Low*

Serve warm straight from the skillet. Creamed corn pairs beautifully with roast chicken, grilled steak, barbecue, or holiday turkey.

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## Time & Intensity Summary

| Phase | Duration | Intensity |
|---|---|---|
| Prep corn | 6 minutes | Medium |
| Melt butter | 2 minutes | Low |
| Make roux | 2 minutes | Medium |
| Add milk | 3 minutes | Medium |
| Add corn & seasonings | 2 minutes | Low |
| Simmer & thicken | 8–10 minutes | Low–Medium |
| Finish & garnish | 2 minutes | Low |
| Serve | 1 minute | Low |
| Total | ~25–28 minutes | Easy |

## Nutrition Information (Per Serving — about ½ cup)

| Nutrient | Amount |
|---|---|
| Calories | 185 kcal |
| Total Fat | 11 g |
| Saturated Fat | 6 g |
| Cholesterol | 30 mg |
| Sodium | 230 mg |
| Total Carbohydrates | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 7 g |
| Protein | 4 g |
| Calcium | 70 mg |
| Iron | 0.6 mg |
| Vitamin C | 10% DV |