

**CORN ON THE COB (FRESH)**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
148 cal	34 g	5 g	2 g	0 mg	100 mg	7 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	50-1/8 lbs	6 gal	
SALT	5/8 oz	1 tbsp	
CORN ON THE COB,FRESH	55 lbs	5 gal 7/8 qts	60-3/8 each

**Method**

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add corn; bring water back to a boil. Cover; corn 5 to 10 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place corn in serving pans. CCP: Hold for service at 140 F. or higher.