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See [www.pickyourown.org/allaboutcanning.htm](http://www.pickyourown.org/allaboutcanning.htm) for many other canning directions and recipes

## How to Make Home and Can Creamed Corn - Easily!



If you don't have room in your freezer, but you want to be able to enjoy the corn from your garden this winter, then home-canning your corn is the easy way to do it. Here's how to do make home-canned creamed corn, complete instructions in easy steps and completely illustrated. The corn will taste MUCH better than any canned creamed corn you've ever had from a store. Frozen corn, of course, retains flavor better. If you want [directions for freezing corn, click here](#). And if you didn't know it, there is no cream in creamed corn; that refers to the texture and released juice or "milk" from the corn! One other important note: you will need a pressure canner. Corn is a low acid food, so you can not use a boiling water bath canner. It must be a pressure canner. Pressure canners cost more than water bath canners, but they are more versatile and last a lifetime, and your children and grandchildren may be using it. [See this page for more information about pressure canners.](#)

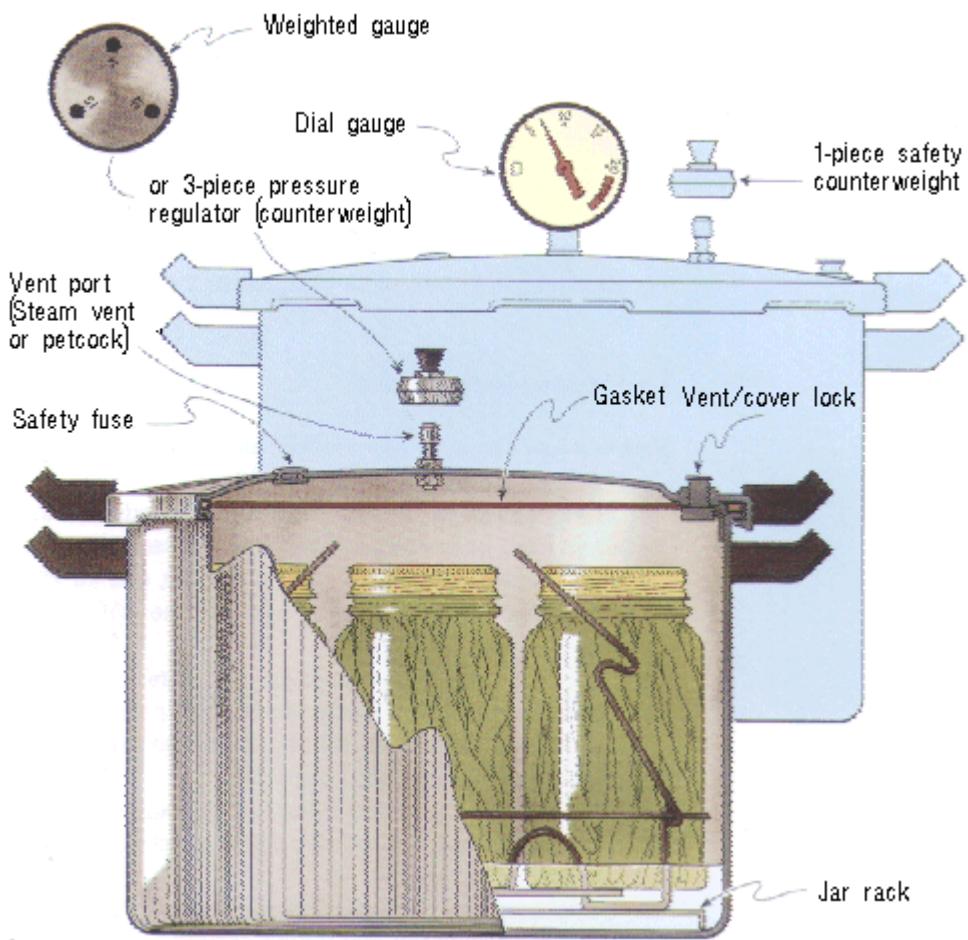
See this FAQ for more details: [Can I use a water-bath canner instead of a pressure canner for low acid foods like corn?](#)

**Hot Pack v. Raw Pack?** Hot pack means the corn is heated to boiling before we put it in the jars, which is how we will do it in this recipe. Raw pack means it is placed into the jars without heating, and then the jars are processed in the canner

## Directions for Canning Creamed Corn at Home

### Ingredients and Equipment

- **fresh corn on the cob - any quantity.**  
I figure 1.5 ears per serving.
- **1 Large pot of boiling water (for filling the jars)**
- **1 medium sized pot of boiling water (to heat the cut corn)**
- **2 large bowls, one filled with cold water and ice.**



- **1 sharp knife**
- **1 Large spoon or ladle**



**Ideal ear - ripe but not bloated. the kernels are still tender (easily punctured with your fingernail) and the juice is milky). White, yellow or bicolor types are all fine!**

## Instructions

### Step 1 - Get yer corn!

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and canning, put it in the refrigerator or put ice on it. The sugars break down quickly at room temperature. According to the USDA, about 32 pounds (in husk) of sweet corn is needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints. Note that a bushel weighs 35 pounds and yields 6 to 11 quarts of canned corn, which is an average of  $4\frac{1}{2}$  pounds of corn in the husks per quart of finished canned corn.



### Step 2 - Get the pots ready

This is also a good time to get the canner filled (about 2/3 full) with water and start it heating.



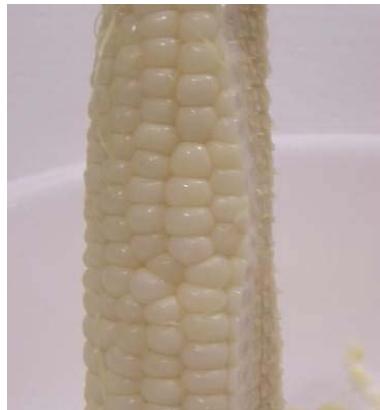
### Step 3 - Husk the corn

Husk the corn and pick off as much of the silk as you can. A soft vegetable brush is the fastest and easiest way to get the remaining silk off - just don't be too rough with it.



#### Step 4 - Cut the kernels from the cob

**Cream Style Corn** - Cut kernel tips about 1/2 deep and scrape the cobs with the back of a knife to remove the juice and the heart of the kernel.



You don't need a special tool, just a very sharp knife! Some folks use an electric carving knife and report this is the easiest method, and a few use a meat slicer.



However, a number of people wrote in to point out that they prefer one of the tools below, as do I, often because it is easier for them due to arthritis, or simply faster.

As the corn piles up in your bowl, it will look like this!



Close up, the corn comes off in strips. As you put these in the bag, they will easily separate into separate kernels.

### **Step 5 - Get a pot of water boiling**

You'll need this to supplement the water in step 10 to fill the jars after you pack them with corn.

### **Step 6 - Heat the cut corn**

Dump the cut kernels into a measure cup (so you know how much you have) and then put the corn into a saucepan or pot. Add 1 cup of hot water for each quart of corn. Heat the corn to boiling and simmer 5 minutes.

### **Step 7 - Pack the jars**

Fill pint jars\* with corn, leaving 3/4 to 1 inch headspace (corn tends to expand more than other vegetables). \* - Ball and the USDA say to use pint or small sized jars.



### **Step 8 - Fill with hot water (the cooking liquid)**

Be sure to include enough cooking liquid to cover the corn and jostle out any air bubbles that may be trapped. You may add additional plain boiling water from step 7, if you are short on liquids from the heated corn. Still leave 3/4 to 1 inch headspace

### Step 9 - Put the lids and rings on the jars

Wipe the rims of the jars, put the lids on and then the rings on snugly, not too hard.

### Step 10 - Process the jars in the pressure canner

Follow the directions with your pressure canner and process the jars for the times and pressures below depending upon your altitude, type of pressure canner and jar size. My canner is a dial-type, shown at left.

Once the gauge hits 10 or 11 pounds (depending on the type you have), start your timer going - for 25 minutes. Adjust the heat, as needed, to maintain that pressure.

Note: the chart below will help you determine the right processing time and pressure, if you have a different type of canner, or are above sea level.

It is important to learn how to operate your pressure canner by reading the owner's manual that came with your particular canner. If you can not find your owner's manual, you can obtain one online: Here is where to find some common manufacturer's manuals:

- [Presto canner manuals](#)

or by contacting the company that made your canner. Give the model number to the manufacturer, and they will send you the right manual. More [notes on pressure canners from Colorado State University](#).



**Processing time for corn in a dial-gauge pressure canner**

Hot Pack		Canner Pressure (PSI) at Altitudes of			
Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Pints	85 min	11 lb	12 lb	13 lb	14 lb

**Processing time for corn in a weighted-gauge pressure canner**

Hot Pack		Canner Pressure (PSI) at Altitudes of	
Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Pints	85 min	10 lb	15 lb



### Step 11 - Done!



When the processing time is up, turn off the heat, and allow the pressure canner to cool and the pressure to drop to zero before opening the canner. Let the jars cool without being jostled.

Later, when you are ready to serve the corn, it just takes about 3 or 4 minutes in the microwave (from frozen) or in the top of a double boiler. The corn doesn't need to be "cooked", just heated up!

This document was adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2009. Revised November 2010.

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### **Tips:**

- Harvest early in the morning, especially if the weather is hot, to get peak flavor.
- Harvest the corn at its peak maturity (milky fluid in the kernels, kernels tender, and not bloated). Immature corn is watery when cooked and over-ripe corn is chewy and doughy.
- Process promptly after harvesting, or keep cooled in the fridge or with ice until then.

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### **Frequently Asked Questions**

#### **1. What causes corn to turn brown during processing?**

This occurs most often when too high a temperature is used causing caramelization of the sugar in the corn. It may also be caused by some minerals in the water used in canning.

#### **2. Aspirin / Salicylic Acid? My mother canned corn using salicylic acid. The only recipe I have is: 7 cups corn 1/2 cup salt 1 cup sugar 1t. salicylic acid 1 cup water Let boil several minutes. What do I need to know to can corn using this method?**

You may have heard of someone's grandmother canning corn by boiling the corn, adding aspirin or salicylic acid from the drugstore, then sealing the corn in jars with no further processing. According to the [University of Illinois](#), a recipe circulated several years ago, using aspirin to acidify

tomatoes and beans for canning. Aspirin is not recommended for canning. While it contains salicylic acid, it does not sufficiently acidify low acid foods like tomatoes or beans for safe hot water bath canning. Low acid foods (without added acids) should only be processed safely in a pressure canner. Lemon juice or vinegar is recommended to acidify tomato products for safe water bath processing. You can also see [an article in JAMA \(the Journal of the American Medical Association, Vol. 289 No. 13, April 2, 2003, titled "Is salicylic acid as a food preservative harmful?"](#); from which the abstract states: "salicylic acid, in the ways in which it is used in the preparation of food products, is not only not harmful, but is a preservative to health, inasmuch as the process of decomposition which it prevents would be far more dangerous."

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## Comments and Tips

- **A visitor writes on August 15, 2009:** "Hi, I just wanted to share that we use an electric knife to remove the blanched corn from the cob. It is the easiest quickest way we have found for this part of the process. Last night we processed 10 dozen ears of corn in two hours. Please pass it on. My 80 year old grandma taught me this trick! Thanks, kim"