



Elliott Evans Nutrition, LLC
Prevent and Protect
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QUICK-PICKLED CORN

MarthaStuart.com

Makes 4 Quarts

- 4 ½ cups cider vinegar
- 6 cups water
- ¼ cup sugar
- ¼ cup coarse salt
- 1 dried bay leaf
- 7 red Thai chiles, 3 of them split open
- 8 large ears corn, shucked
- 1 large red onion, thinly sliced

- Bring vinegar, water, sugar, salt and bay leaf to a boil, stirring to make sure sugar dissolves. Stir in chiles, and let cool until warm, about 10 minutes.
- Meanwhile, cut corn crosswise with a heavy chef's knife into pieces about 1½ inches long (you should get 4-5 pieces from each ear).
- Layer corn and onion in a very clean 4-quart glass jar with a clamped top or a lid and screw-top band. Pour warm vinegar mixture over corn and onion to cover completely (discard any leftover liquid). Leaving jar open, refrigerate until liquid is cool, about 1½ hours, then shut jar.
- Refrigerate corn at least 1 day and up to 2 days. Serve cold.