

Chef Shane Kelly

"Just keep it real, honey!"

SAUTEED SUMMER CORN AND BASIL

Yield: Serves 6-8

When you want to take a break from eating corn on the cob...try it this way for a little more uptown and delicious approach.

Ingredients:

- 8 ears fresh corn on the cob (about 4 cups)
- 1 tablespoons extra-virgin olive oil or unrefined coconut oil
- 2 tablespoons butter
- 3 cloves garlic, minced
- ½ medium onion, chopped small
- ½ teaspoon sea salt
- 1/8 teaspoon fresh ground black pepper
- 2 tablespoons chopped fresh basil or fresh thyme

Procedure:

1. Shuck and wash the corn.
2. Trim a bit off of the bottom of the ear of corn to make it more stable. Using a fairly large cutting board stand the ear of corn on its most level end, holding the top, take a sharp knife and cut the corn off of the ear.
3. In a large skillet over medium-high heat, add the olive oil and butter. When the butter is melted add in the garlic, onion (red bell pepper if you desire) and a pinch of sea salt and sauté for about 2-3 minutes. Then add in the corn and cook for another 3-5 minutes.
4. Finally, add in the basil, salt and pepper and cook for another minute and remove the pan from the heat and serve.

Note:

Add in ¾ cup small chopped red bell pepper for a little color and sweetness if you desire. Either way it's all yummy!