

How Microwave Corn On The Cob

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Before cooking corn on the cob on a stove, its husk has to be removed. Then, the cook has to go through the painful process of cooking it on the stove, and waiting until each corn becomes tender enough to eat. This is a long and tedious process, which is why microwaving corn on the cob is easy and preferred; [AllRecipes](#).

**Can You Microwave Corn On The Cob?** Corn cob can be very easily microwaved. In fact, the best part is that the cook doesn't even have to remove the husk from the corn on the cob. For one ear of corn, the cook should place the corn in a microwave-safe dish, and set it on high for at least 4 minutes. Each microwave has its own timing setting, which is why the cook should check whether the corn is properly cooked or not. If not, then they can always cook it for more minutes. To hold the corn, take a towel or a pot holder, and cut the bottom of the corn. Then, slip the husk off, which would be really easy considering it is heated and has been in the microwave. Read about how microwave cook food – [Click Here](#).

This is the simplest way to enjoy corn on the cob, because it is free of any hassles. Not only the cook doesn't have to worry about burning the corn, as people do when they cook it on the stove, but it will cook easily. Whether eaten as a snack or as a picnic treat, it is best to cover it with lemon, and spice; [SimplyRecipes](#).

**Is Corn Cob Fattening?** Corn on the cob is fattening, particularly if people eat it with butter or indulge in other high calorie toppings. One plain ear of a corn on the cob has 100 calories, which is the same as an apple. It contains 3 grams of fiber, in every serving, and keeps a person's stomach full for a long time.

**Is Corn Cob Bad For You?** Corn has fiber and plant compounds, and is good for the digestive system, as well as health of one's eyes. However, corn also has starch, which can increase blood sugar levels. If someone starts eating too much corn on the cob, then they will start gaining weight as well. Nowadays, there are genetically modified corns available in the market, which is why it is important to differentiate between the two. If it is eaten in moderation, then it can be considered healthy; [TheKitchn](#).

**How To Steam Corn Cob?** To steam corn on the cob, the cook should take a steamer basket, and a pot; this is the standard method to steam something. The silk of the corn has to be removed, along with the husk. It is best to remove the discolored kernels before steaming the corn, as they are usually damaged by insects. To steam it, two inches of water in the large pot is enough. The cook should insert a steamer rack, and then place it on high heat. Remove the corns using a pair of tongs.

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