

### Mexican Creamed Corn

I made this all the time last summer when corn was in season.

Measurements are not so important so you can experiment with the flavours.

Serves 4

1 jalapeno pepper, minced

1 or 2 shallots, minced

4 fresh ears of corn, kernels removed

1 cup of water

½ cup yogurt

Add to taste: chopped cilantro, feta cheese, salt and pepper

Fry the jalapeno pepper with the shallot for 3 minutes or so. Add the corn kernels and water and cook until soft (about 5 minutes).

Remove from heat. Add the yogurt and sprinkle on the cilantro, feta, salt and pepper.