



BLUE CORN TORTILLA

by The Food Next Door - SWELL

Ingredients

Makes 12-14 corn tortillas

1 lb dry blue corn

1 tsp (10g) limestone powder/cal

32 oz plain water

What is Nixtamalization?

The process of nixtamalization involves cooking and steeping dried corn kernels in an alkaline solution in order to make them easier to grind for many recipes and more digestible and nutritious. This process helps with nutrient absorption in your body, especially protein, calcium, niacin, iron, and fiber! Corn is nixtamalized using a natural form of limestone, in Spanish called cal, and chemically calcium hydroxide. In earlier days, ash was used. At the end of this process, the corn is called nixtamal and can be used in soups such as pozolé, for succotash (see recipe) or it can be ground into a dough called masa for tortillas, tamales, soups, atole (breakfast drink) and many other dishes.

Directions

Rinse the corn kernels in a colander. In a deep pot on the stove, add the water and cal and bring to high heat but do not boil. When the cal lime comes to the surface add corn kernels and simmer at highest heat without boiling it. Stir a few times and cook corn over medium heat, uncovered, for around 40 minutes until somewhat tender (depending on the type of corn). The corn should feel velvety and you should be able to leave a dent in your corn. Turn off the heat, and let the pot sit for at least 8 hours at room temperature to soak. The next day, pour the corn into a colander and briefly rinse with water. You want to keep some of the cal. Grind kernels with a wet mill, food processor, or blender. The smoother the dough, the better the tortillas. Add a little bit of water to make a slightly sticky dough called masa. Roll dough into small balls, about 2-inches in diameter. Using a tortilla press with a plastic bag (or two flat chopping boards), flatten the balls. Heat a griddle or non-stick pan (comal) over high heat and cook tortillas for about 40 seconds, or until the edge changes color, then flip over. Flip them a third time for a short moment before done. Use a basket with a cloth to keep warm. Enjoy and be proud of your freshly made corn tortillas! Refrigerate or freeze any unused masa and use it within 3 days.

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