

Nixtamalized Corn

Ingredients

2 pounds clean, dried dent-corn kernels (also known as field corn or flour corn)
1/4 cup pickling lime (food-grade calcium hydroxide, also called slaked lime)
3 quarts water

Procedures

1. Rinse the corn in a colander and set aside.
2. In a large, stainless steel (nonreactive) pot, dissolve the lime in the water.
 - a. Immediately wash off any lime that gets on your hands.
 - b. Add the corn and discard any floating kernels.
3. Bring to a boil over high heat.
4. Reduce the heat to low, and cook uncovered for 15 minutes.
5. Turn off the heat, cool the pot and let it sit, uncovered, for 4 hours at room temperature or overnight in the refrigerator.
6. Pour the corn into a colander in the sink.
7. With the cold water running, rub the kernels between your hands to rub away the softened hulls (they will have a gelatinous texture).
8. Rinse thoroughly (some old recipes say to wash between 4 and 11 times).
9. Drain well.
10. Use the whole, moist kernels in soups or stews.
11. Or, grind them through a food mill able to handle moist kernels to make masa, to which you can add enough water to make a slightly sticky dough for making tamales or make tortillas using a tortilla press.
12. Promptly refrigerate any unused masa, and use it within 3 days.

Source: Mother Earth News. "Make Masa: Nixtamalized Corn." April/May 2004.
<http://www.motherearthnews.com/real-food/make-masa-nixtamalized-corn-zmaz04amzsel.aspx>