

# Nixtamal para Masa Fresca

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## **Nixtamal for Fresh Corn Dough (Makes about 2 lbs. of masa when ground)**

500 grams (1 lb.) dried dent corn\*  
1 TBSP lime/calcium hydroxide (called cal in Spanish)  
½ cup water

## **Nixtamal for Fresh Corn Dough (Makes about 1 ½ lbs. of masa when ground)**

375 grams (¾ lb.) dried dent corn  
2 tsp lime/calcium hydroxide (called cal in Spanish)  
1/3 cup water

## **Nixtamal for Fresh Corn Dough (Makes about 1 lb. of masa when ground)\*\***

250 grams (½ lb.) dried dent corn  
1 ½ tsp lime/calcium hydroxide (called cal in Spanish)  
¼ cup water

→(A) Weigh corn using a kitchen scale. (B) Pour into a colander and (C) rinse thoroughly to remove dust and debris. (D) Place the corn in a large pot. (The pot I use is 5 ½ quarts or 5.2 liters.)

→Fill the pot about half way with cool water. The water should cover the corn by 2 inches or so. There will be a few pieces of corn that float to the top. I usually skim them off and discard.

→Place the pot over medium-high heat and bring to a boil. (E) In the meantime, measure out the lime/calcium hydroxide in a small bowl. (F) Add the water. (G) Whisk together using a fork or small whisk.

→(H) Once the corn comes to a boil, (I/J) pour the lime/calcium hydroxide mixture into the pot. (K) The corn will instantly turn a yellowish color. Stir the corn with the cal to incorporate.

→Reduce the heat, and let the corn simmer steadily for one hour. (L/M) Then, turn off the heat. Put a lid on the pot and let sit for 8 hours or overnight.

→(N) The next day, the nixtamal will be slimy-looking. (O) Pour the corn into a colander to drain the slimy water. (P) Then begin to rinse the corn. You are trying to remove the outer skin from each kernel. To do this, rub the corn back and forth between your hands under cool, running water. (Q) You will begin to notice that the corn feels clean and looks shiny.

→(R) Pour about two cups of the cleaned, nixtamalized corn into a large food processor. Add about 1 tsp of water. (S) Turn on the food processor, and let it run for about 7 minutes. (T) At around 5-6 minutes, you will notice that the nixtamal will start to come together to form a smooth masa. You may need to add another teaspoon of water at this time. Once a ball has formed, let it spin for another minute to achieve a really smooth dough (U).

→I usually break up the ball of masa and put it back into the food processor for one final spin (the finer the grind the better). This only takes about a minute.

→Place the freshly ground masa in a bowl and cover with plastic wrap to retain moisture. Repeat with the remaining nixtamal.

→Use the masa immediately or store it in the fridge for one day. You can place the already ground, cold masa in the food processor the next day. Not only will it warm the masa up, but it will also help you to achieve an even finer grind. You may need to add a few teaspoons of water while re-grinding.

→If you feel that the masa is dry, you can always hand-knead water into the dough. You will be surprised at how much water it accepts. The masa should have the consistency of a soft, smooth, and moist Play-Dough.

→(V-Z) show you how to make the tortilla.

#### NOTES:

- \*I bought my corn from a new company based in New York called Masienda. They are fantastic to work with. They sell Mexican landrace corn grown by amazing farmers in Mexico. All of their corn is non-GMO. It is extremely important that we protect these ancient varieties of corn.

Please try to purchase non-GMO corn whenever possible. In addition, some of the corn is organic. I encourage you to visit their website: [www.masienda.com](http://www.masienda.com).

- \*\*1 lb. of fresh masa usually makes about a dozen 5-inch tortillas.
- I usually make the smallest batch of masa (1 lb.) It is a nice amount to begin with.
- I highly recommend that you use a kitchen scale and measure the weight of the corn in grams. It provides a more exact measurement.
- You do not need to refrigerate the nixtamal overnight. Just let it sit on the stove.

*Recipe Source: Adapted from Diana Kennedy, Yuri de Gortari, and Mija Chronicles*

