

Chicha de Maiz

Ingredients

- 1 ½ c (227 g) Dried Corn or Corn
- 1 c (227 g) piloncillo or brown
- 2-3 cinnamon sticks
- 3-4 cloves
- Pinch of salt
- 2-3 kaffir (or makrut) lime leaves, optional
- 1 pineapple, rind only, optional
- 3 qts (12 c) of water



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Meal*
sugar

Directions

Coarsely grind your dried corn, either using a grain mill or a food processor depending on what you have available.* You can also just measure out corn meal, however the fresher the better! In a large pot, add all of your ingredients, except for the pineapple rind, into a large pot onto your stovetop and let the mixture simmer for 45-60 minutes. Once cooked, turn off the heat and strain the mixture into a clay pot or a sterilized jar. At this point, you can add the pineapple rind and makrut leaves or leave it as is. You can either drink it as is, or let it ferment for a few days, up to two weeks. Serve cold for a refreshing corn drink during the summer!

*A variation you could try is soaking your dried corn the night before to soften them before boiling.