

DISCOVER MASA!

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NIXTAMAL

- Nixtamalization
 - Corn is cooked and soaked in an alkaline solution
- Alkaline Solution
 - Ash
- Benefits
 - Nutritional value is increased

NIXTAMALIZATION PROCESS

- Corn is cooked and soaked
- Cell walls break down
- Corn is drained and hulled
- Nixtamal is used whole or ground
- Nixtamal is used fresh or dried

TORTILLA

- Daily staple
- Use fresh masa or masa harina
- Make fresh or buy fresh

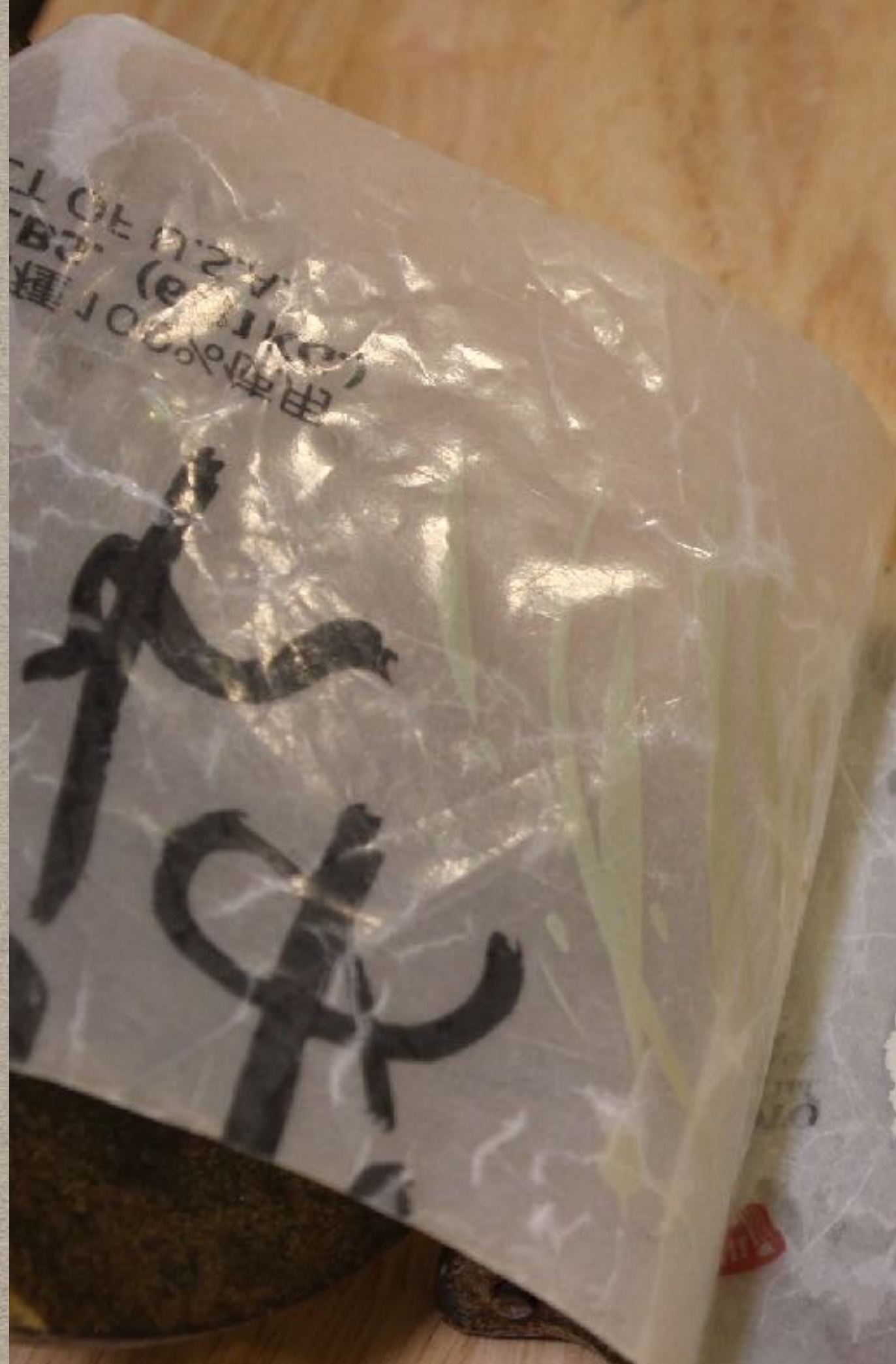




















QUESADILLA

- 'Grilled cheese sandwich'
- Folded and cooked on a griddle
- Stuffed with cheese or guisado
- Served with salsa or guacamole









EMPANADA

- Masa may be blended with fat or plantains
- Stuffed with guisados
- Folded and sealed by crimping
- Fried or baked...but, mostly fried!





HUARACHE

- 'Sandal' shape
- May be filled with beans or cheese
- Cooked on a griddle
- Topped with beans, chicken, cheese, lettuce, crema











SOPE

- Start with a thick tortilla
- Par-cook on a griddle
- Shape into a shallow cup
- Fry it!
- Fill with beans, salsa, lettuce, onions, cheese, crema









¿PREGUNTAS?