

ABC



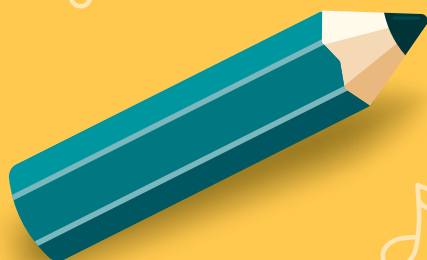
Back to School Flavors

with

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Strawberry Oat Waffles

Ingredients

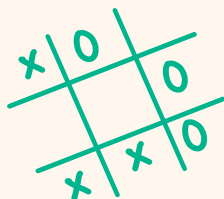
2 cups of MASECA® Yellow corn masa flour
1 ½ cups of old-fashioned rolled oats
3 tablespoons of sugar
3 teaspoons of baking powder
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon of ground cinnamon

2 ½ cups of whole milk
4 large eggs
6 tablespoons of melted butter
1 teaspoon of vanilla extract
1 ½ cup of fresh strawberries, diced small
2 tablespoons of MASECA® Yellow corn masa flour
(for tossing with strawberries)
Honey for serving

Preparation

- 1 Add rolled oats to a blender and pulse a few times until they resemble coarse flour.
- 2 Whisk together Maseca Amarillo, ground oats, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl.
- 3 Whisk milk, eggs, melted butter, and vanilla in a separate large bowl.
- 4 Pour wet ingredients into dry ingredients and mix gently. Do not overmix. Let batter rest 5-7 minutes so the Maseca Hydrates.
- 5 Toss diced strawberries with 2 tablespoons Maseca Amarillo. (This will prevent the strawberries from sinking). Fold in strawberries gently with a spatula.
- 6 Preheat waffle iron and grease lightly according to manufacturer's instructions. Scoop batter in and cook until golden and crisp on the outside.
- 7 Drizzle with honey and serve.

Makes 6 waffles



Oatmeal Cookies

Ingredients

*1/2 cup of MASECA® corn masa flour
1/2 cup of cornstarch
1 cup of oatmeal
3 tablespoons of melted butter
1/4 cup of sugar
1/2 cup of coconut
1/2 tablespoon of baking powder
1/4 cup of raw amaranth seeds
1 tablespoon of corn syrup
1 egg white
2 cups of water*

Preparation

- 1 Preheat oven at 360 F and grease a baking sheet using one of the 3 tablespoons of butter.*
- 2 With a mixer at low speed, mix the oatmeal, MASECA® corn masa flour, cornstarch, sugar, coconut, baking powder, and amaranth.*
- 3 Incorporate egg, the rest of the butter, corn syrup and water until you obtain a homogeneous dough.*
- 4 Make dough balls using your hands and place on the baking sheet, then press to form the cookie.*
- 5 Bake from 20 to 25 minutes. The cookies are done when they are slightly golden brown on the top.*

Tips:

You can add raisins, raisins or chocolate chips.

Makes 12 Cookies



Potato, Broccoli and Carrot Patties



Ingredients

For the Mixture:

- 1/4 cup of MASECA® Antojitos corn masa flour
- 2 cups of plain mashed potatoes, completely cooled (no butter or milk)
- 3/4 cup of steamed broccoli florets, finely chopped
- 1/2 cup of carrots, finely grated
- 1 large egg
- 2 tablespoons of white onion, very finely minced
- 1 garlic clove, minced
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper

For Breading:

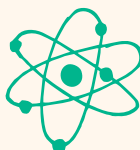
- 1 cup of MASECA® Antojitos corn masa flour
- 1/2 teaspoon of salt
- 1/4 teaspoon of garlic powder
- 1 cup of cooking oil for frying



Preparation

- 1 In a pan, add a little bit of oil and sauté garlic, onions and carrots until soften. Set aside.
- 2 In a large bowl, combine mashed potatoes with sauteed vegetables, egg, salt, pepper, and MASECA® Antojitos corn masa flour. Mix well until smooth. Refrigerate for 15 minutes.
- 3 Divide mixture into 12 equal portions (about 3 tablespoons each). Form into patties roughly 2 1/2 inches wide and 1/2 inch thick.
- 4 In a shallow dish, combine breading ingredients. Gently press each tortita into the mixture to lightly coat it and help it stick.
- 5 Heat oil in a skillet over medium heat. Fry patties in batches for 3-4 minutes per side, until golden brown and crisp.
- 6 Transfer to a paper towel-lined plate and season lightly with salt if needed.

Makes 12 patties



Crispy Fried Potato Tacos



Ingredients

Ingredients for the tortillas:

2 cups of MASECA® corn masa flour
1 1/3 cups of water
1/2 teaspoon of salt

Ingredients to serve:

iceberg lettuce, shredded
tomatoes, diced
jalapeños, sliced
queso fresco, crumbled

Ingredients for the filling:

2 pounds of potatoes, peeled
2 teaspoons of chicken or vegetable bouillon
1/2 cup of low fat milk
1 cup of Mexican style cheese, shredded
cooking oil

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Preparation

Instructions for the tortillas:

- 1 In a large bowl, combine MASECA® corn masa flour, salt and 1 1/2 cups of warm water. Mix with hands until a soft, smooth dough forms. If dough feels dry, add teaspoons of water (one by one).
- 2 Preheat comal or skillet over medium high heat.
- 3 Divide masa into twelve masa balls. Keep masa covered to avoid drying. Place a masa ball between two sheets of plastic and press in a tortilla press.
- 4 Cook each tortilla for 30 seconds on each side, turning the tortilla 3 times. Cover tortillas with a cloth napkins to keep soft and warm.

Instructions for the filling & tacos:

- 1 Place potatoes in a large saucepan with enough water to cover. Boil for 20 minutes. Remove from heat.
- 2 Mash with potato masher, add bouillon, milk and continue mashing until mixed well. Set aside.
- 3 Heat about 2 inches of cooking oil over medium heat.
- 4 Fill each tortilla with 2 tablespoons of mashed potatoes and 1 tablespoon cheese. Fold and fry for 3 minutes on each side or until golden and crispy.
- 5 Transfer to a serving dish. Top with shredded lettuce, tomato, jalapeño slices and crumbled queso fresco.

Makes 12 tacos



Mexican-Style Migas

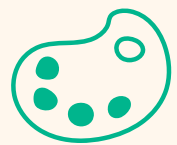
Ingredients

8 corn tortillas made with MASECA® Yellow corn masa flour
6 large eggs
2 tablespoons of milk
2 tablespoons of cooking oil
¼ cup of white onion, finely diced
½ cup of green bell pepper, finely diced
1 medium Roma tomato, diced
1 teaspoon of salt
Refried beans to serve

Preparation

- 1 Cut the tortillas into small squares or strips.
- 2 Heat oil in a large skillet over medium heat. Add tortilla pieces and fry, stirring occasionally, until golden and crisp. Transfer to a paper towel-lined plate. Wipe skillet.
- 3 In the same skillet, sauté onion and green bell pepper until soft, about 3-4 minutes. Add tomato and cook for 1-2 minutes.
- 4 Whisk eggs with milk and salt in a separate bowl. Lower heat to medium-low and pour eggs into skillet with the vegetables. Stir gently until soft curds form.
- 5 When eggs are just set, fold in the crispy tortilla pieces.
Cook 30 to 60 seconds, just until everything is warmed through. Remove from heat.
Serve immediately with refried beans.

Makes 4 servings



Mini Brownies



Ingredients

- 1/2 cup of MASECA® corn masa flour
- 1/2 cup of unsalted butter, melted
- 3/4 cup of brown sugar (packed)
- 1/4 cup of granulated sugar
- 2 large eggs
- 1 teaspoon of vanilla extract
- 1/3 cup of unsweetened cocoa powder
- 1/4 teaspoon of salt
- 1/4 teaspoon of baking powder
- 1/3 cup of chocolate chips, plus more for decorating



Preparation

- 1 Preheat oven to 350°F. Grease or line a mini muffin pan.
- 2 In a bowl, whisk together melted butter, brown sugar, and granulated sugar until glossy.
- 3 Whisk in eggs and vanilla until smooth. Stir in cocoa powder until fully incorporated.
- 4 Add MASECA®, salt, and baking powder. Mix just until combined. Fold in 1/3 cup chocolate chips.
- 5 Fill each mini muffin cavity about 3/4 full. Bake 10-12 minutes. The centers should still look slightly soft. Decorate with remaining chocolate chips while still hot. Transfer to a cooling rack to cool completely. Serve.

Makes 20-24 mini-Brownies



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