



Flavors of Fall





Tortilla Soup

Makes: 4 servings

Ingredients

12 tortillas made with MASECA® corn masa flour cut into strips
3 tablespoons of frying oil
2 medium tomatoes, cut in chunks and without seeds
4 cups of water
½ big onion, cut in chunks
1 garlic clove
1 spring of parsley

¼ teaspoon of dried oregano
1 pasilla pepper, seedless and fried
1 guajillo pepper, seedless, fried and cut into strips
3 teaspoons of chicken bouillon powder
1 avocado, diced in small cubes
3.5 ounces of fresh cheese
Salt and pepper to taste

Preparation

1. Heat enough oil to fry the tortilla strips in a big pan at medium-to-high heat.
2. Add the tortilla strips and fry until golden brown. Once ready, placed them on a plate with a paper towel to absorb excess oil. Set aside.
3. In a blender, add the tomatoes, onion, garlic and oregano with some water and blend well.
4. Add the mix in a hot pan and fry for a few minutes.
5. Add water and let it boil. Add the chicken bouillon powder, add the fried pasilla pepper, parsley and season with salt and pepper to taste.
6. Check flavor and add more chicken bouillon powder if needed.
7. Close the pan with a lid and cook at low heat for 15 minutes. Turn off the heat and remove the spring of parsley.
8. Serve the soup in a bowl, add tortilla strips, avocado, fresh cheese, and guajillo pepper strips.





Chilaquiles with Poblano Sauce

Makes: 4 servings

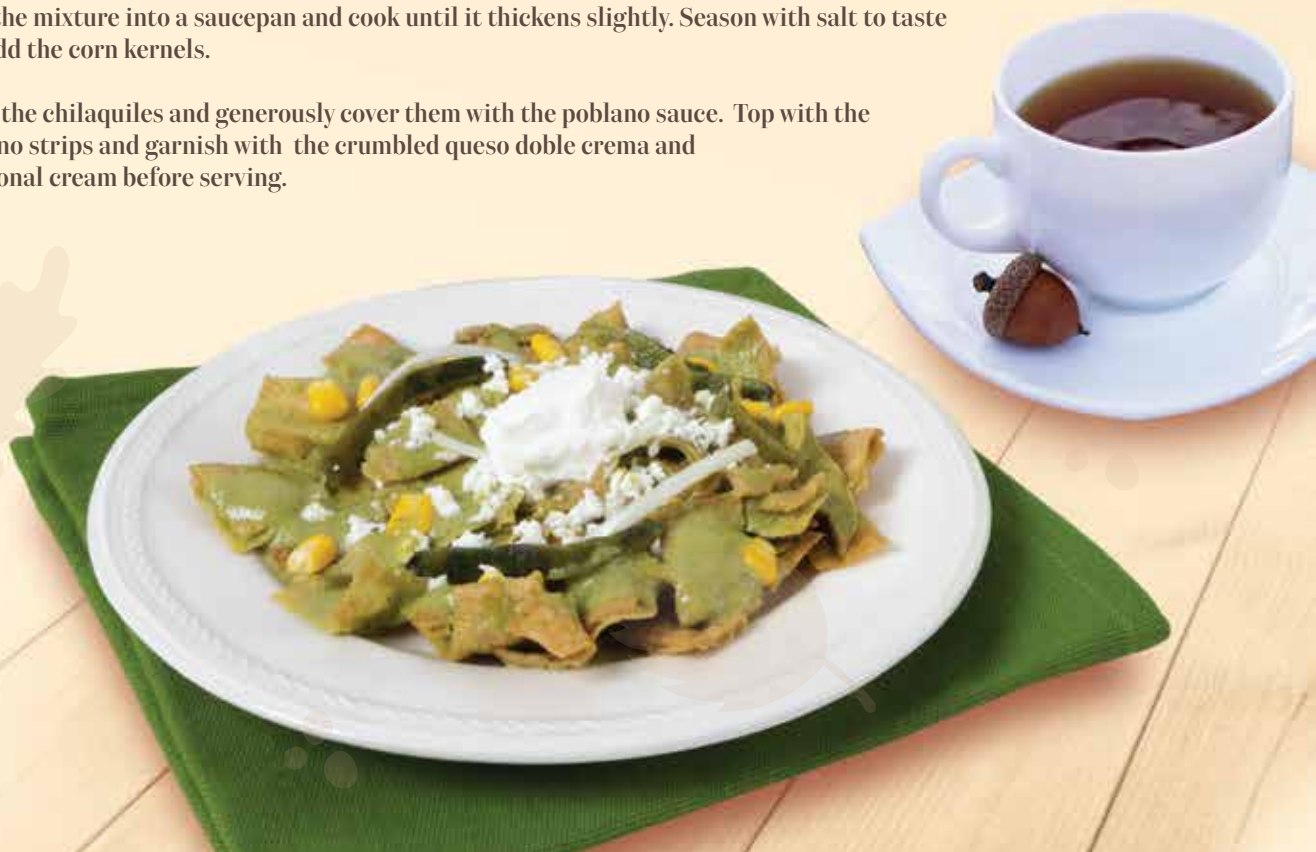
Ingredients

12 corn tortillas made with MASECA® corn masa flour
4 tablespoons oil
5 poblano peppers
1 cup heavy whipping cream

$\frac{3}{4}$ cup cooked corn kernels
 $\frac{3}{4}$ cup queso doble crema, crumbled
Thick cream for serving
Salt to taste

Preparation

1. Cut the tortillas into small pieces and let them dry for one day.
2. Using your hands, toss the tortilla pieces with the oil. Arrange them on a baking sheet and bake, stirring occasionally, until golden and crispy.
3. Roast the poblano peppers, then remove the skins and seeds. Cut one of the peppers into thin strips and blend the remaining peppers with the cream until smooth.
4. Pour the mixture into a saucepan and cook until it thickens slightly. Season with salt to taste and add the corn kernels.
5. Serve the chilaquiles and generously cover them with the poblano sauce. Top with the poblano strips and garnish with the crumbled queso doble crema and additional cream before serving.





Pumpkin Soup

Makes: 4-6 Servings

Ingredients

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| ¼ cup of MASECA® corn masa flour | 4 cups of vegetable or chicken broth |
| 2 tablespoons olive oil or butter | 1 cup of milk |
| ½ medium onion, finely chopped | 2 teaspoons of salt (or to taste) |
| 2 cloves garlic, minced | ½ teaspoon of black pepper (or to taste) |
| ¼ teaspoon of ground cumin | 1 tablespoon of maple syrup |
| ¼ teaspoon of ground cinnamon | heavy cream for serving |
| 1 ¼ teaspoon of smoked paprika | toasted pumpkin seeds, for garnish |
| 3 cups of pumpkin purée (fresh roasted or canned) | |

Preparation

1. In a large pot, heat olive oil or butter over medium heat. Add onion and sauté for 3–4 minutes, until translucent. Add garlic, cumin, cinnamon, and smoked paprika, and cook for another minute until fragrant.
2. Stir in the pumpkin purée and pour in the broth. Whisk to combine, breaking up any lumps. Bring to a gentle simmer.
3. In a small bowl, whisk MASECA® with ¾ cup of warm water until smooth (this prevents clumps). Slowly pour MASECA® mixture into the simmering soup, stirring constantly. Cook for 8–10 minutes, until the soup thickens and takes on a slightly earthy aroma.
4. Stir in the milk and maple syrup. Season with salt and black pepper. Simmer for another 5 minutes, stirring occasionally, until creamy and smooth.
5. For an extra silky texture, blend the soup using an immersion blender or in batches in a regular blender. Return to the pot and reheat if needed.

Cooking Tips:

Add a roasted jalapeño or chipotle in adobo before blending for smoky heat.





Corn and Veggies Mini Muffins

Makes: 32 mini muffins

Ingredients

1 cup of Maseca® Antojitos corn masa flour
2 cups of corn kernels, fresh or frozen
½ cup of zucchini, finely diced
½ cup of carrots, finely diced
¼ cup of red bell pepper, finely diced
¾ cup of Oaxaca cheese or mozzarella, shredded
1 ½ of cup milk

2 eggs
¼ cup of melted butter
¼ cup of vegetable oil
1 teaspoon of salt
1 tablespoon of sugar
1 teaspoon of baking powder
2 tablespoons of chopped cilantro

Preparation

1. Preheat oven to 375°F. Grease a muffin pan or line with paper liners.
2. Add corn kernels and milk to a blender. Blend until smooth.
3. Pour mixture into a large bowl. Add eggs, melted butter, oil, salt, sugar, and baking powder. Mix until combined.
4. Stir in the Maseca® Antojitos corn masa flour until smooth. Let batter rest for 5 minutes so the masa hydrates.
5. Fold in zucchini, carrots, bell pepper, cheese, and cilantro.
6. Fill muffin cups about ¾ full.
7. Bake for 22–25 minutes or until lightly golden and a toothpick inserted in the center comes out clean.
8. Let cool slightly before removing from the pan.
9. Serve warm with crema, salsa verde, or extra cheese on top.





Spiced Pumpkin Atole

Makes: 4 Servings

Ingredients

3 tablespoons of MASECA® corn masa flour
4 cups of milk (whole or 2%)
½ teaspoon of ground cinnamon
1 cup of canned pumpkin purée
¼ cup of brown sugar

⅛ teaspoon of ground cloves
¼ teaspoon of ground nutmeg
¼ teaspoon of ground ginger
Pinch of salt
1 teaspoon pure vanilla extract

Preparation

1. In a medium saucepan, heat 3½ cups of milk with cinnamon over medium heat until it starts to steam. Do not boil.
2. In a separate bowl, whisk together MASECA® corn masa flour with the remaining ½ cup of milk until smooth. Whisk in the pumpkin purée, brown sugar, cloves, nutmeg, ginger, and a pinch of salt into the steaming milk. Continue stirring until the sugar dissolves.
3. Slowly pour the MASECA® mixture into the saucepan while whisking constantly to prevent lumps. Keep stirring as the atole thickens, about 8–10 minutes. The texture should be creamy and slightly thick; enough to coat the back of a spoon.
4. Stir in the vanilla extract and remove from heat.
5. Pour into mugs and top with a dollop of whipped cream or a light dusting of cinnamon. Serve hot.





Pecan Pie

Makes: 8 Servings

Ingredients

For the Crust

6.2 ounces of MASECA® corn masa flour
4 ounces of cold butter, cut into cubes
1 tablespoon of sugar
½ teaspoon of salt
¼ cup of corn syrup

For the Filling

7 ounces of pecan halves
5.4 ounces of corn syrup
5.5 ounces of brown or white sugar
2 ounces of butter
3 eggs
4 tablespoons of heavy cream
1 tablespoon of rum
¼ teaspoon of salt

Preparation

For the Crust

1. Place the MASECA® corn flour, butter, salt, sugar, and corn syrup in a mixing bowl.
2. Mix until you obtain a crumbly texture similar to coarse cookie crumbs.
3. Transfer the mixture to a pie pan and press firmly to cover the bottom and sides.
4. Ensure the crust is well compacted, smooth, and fully adhered to the pan. Set aside.
5. Spread the pecans on a baking sheet and toast them in a preheated oven at 350°F for 8 minutes, or until lightly golden. Remove and let cool.

For the Filling

1. In a small pot, combine the sugar, corn syrup, rum, and butter.
2. Cook over medium heat until the mixture reaches a gentle boil, stirring to prevent sticking.
3. Remove from heat and allow to cool until lukewarm.
4. Add the eggs, heavy cream, and salt. Mix well until fully incorporated.
5. Pour the filling over the prepared crust and add the toasted pecans.
6. Bake at 350°F for 40 minutes, or until the filling is set.





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