



#What is #grainaday?

Globally, an estimated 800 million people do not get enough food to eat and more than 2 billion suffer from micronutrient deficiency, or “hidden hunger,” according to U.N. food agencies.

As staple foods, maize and wheat provide vital nutrients and health benefits, making up close to two-thirds of the world’s food energy intake, and contributing 55 to 70 percent of the total calories in the diets of people living in developing countries, according to the U.N. Food and Agriculture Organization.

Scientists at the International Maize and Wheat Improvement Center (CIMMYT) are working to ensure the ongoing production of high-yielding, disease-resistant varieties of maize and wheat to improve both the quantity and nutritional quality of these crops.

These measures include biofortification, a process by which scientists combine conventional plant breeding and lab work to improve the micronutrient content of maize and wheat. At CIMMYT, this process is being used to boost pro-vitamin A and zinc levels in maize and iron and zinc concentrations in wheat.

Boosting the micronutrient content of crops through biofortification can help tackle hidden hunger, simultaneously improving human health and economic growth leading to improved international development.

In order to shed light on the important role maize and wheat play in global nutrition, CIMMYT celebrated the dietary value of these food staples throughout the month of June 2015. We asked you to send in your favorite maize and wheat-based recipes to be compiled into this cookbook.

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your favorite **WHEAT & MAIZE** based recipes

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AFRICA



Grain

a Day

COUSCOUS WITH LAMB & VEGGIES

Country of Origin: Tunisia • Submitted by Skandar Zarrouk

Couscous is a staple dish in North Africa traditionally served with meat, vegetables and spices. Preparation varies throughout Tunisia; coastal areas use fish whereas inland areas use lamb and dried fruit. The most famous Tunisian couscous is made with lamb, herbs and spices, and is usually prepared after the Eid el Kabir.

INGREDIENTS

500g couscous
700g leg of lamb
1 handful of chickpeas
3 carrots
3 potatoes
300ml olive oil
2 zucchinis
1 onion
2 cloves of garlic (crushed)
20g tomato paste
Salt and pepper to taste
1 tsp Harissa
Spices: turmeric, ginger, paprika, cinnamon and ras elhanout

METHOD

Mix the couscous, oil and salt in a bowl and add a glass of water, until the couscous is moist. Let sit for 20min at room temperature. Cut the lamb and mix with tomato paste, harissa, garlic and spices.

Place a dash of oil, chopped onion and chickpeas into the lower part of a couscoussier or a steamer and cook for a few minutes. Add the lamb, spices and a glass of water. Stir and let it cook over medium heat for a few minutes. Cover with water, turn down the flame and let cook for 30min.

After 30mins add the chopped vegetables to the couscoussier and cover with water. Put the couscous in the upper part of the couscoussier and cook until the vegetables are done. Put the couscous in a bowl and add the juice from the meat. Add the lamb and vegetables on top and serve.



Grain

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GENFO

Country of Origin: Ethiopia • Submitted by Seifu Mahifere

Genfo (barley or wheat porridge) is a traditional Ethiopian dish, normally eaten during the celebration of a birth of a child. Ethiopians generally believe that Genfo, which is served with a mixture of Kibe (Ethiopian spiced butter) and Berbere (hot pepper), gives women strength and helps heal wounds fast.

INGREDIENTS

750g plain wheat flour
Salt
1 teaspoon Berbere
1 tablespoon Kibe
Water (about 1 liter)

METHOD

Start by in a dry pan adding wheat flour and slowly roast for 3 – 5 mins, mixing constantly. Boil all water in a large pan, then remove about 250ml of boiling water and set aside. Add toasted wheat flour to the large pan and start mixing, keeping the pan on very low heat. Slowly add boiling water while mixing, then cover and cook for about 40 mins, stirring often. In a small pan add the wheat flour and a little cold water and mix, then add to the larger pan when it turns to a paste. Cook for 20mins and salt for taste. Add melted butter and Berebre and serve.

Grain**a Day**

UGALI

Country of Origin: Kenya • Submitted by Brenda Wawa

Ugali is a staple dish across many parts of Africa and may be known by a different name depending on the location. Ugali is inexpensive and easy to make and is usually eaten by being rolled into a ball and dipped into a meat or vegetable stew.

INGREDIENTS

2 cups maize flour

4 cups water

METHOD

Bring 4 cups of water to a boil in a saucepan. Reduce the heat to a media- flame and begin adding the flour, a little at a time. Stir continuously with a wooden spoon, ensuring even heating and no lumps develop. It can take up to 10minutes, until all the flour is added.

Stir continuously until the Ugali reaches a very thick consistency and the dough begins to pull from the side of the pot. You may need to add more flour to get the right texture, which is usually thicker than mashed potatoes.

Turn the cooked ugali onto a serving plate as one large mound. Use a wooden spoon to transfer it, taking care while you do it, as the ugali can be very hot.



ASIA



Grain

a Day

BINTHE BILUHUTA GORONTALO*Country of Origin: Indonesia • Submitted by Amanda Niode*

Binthe Biluhuta Gorontalo is traditional corn soup from Indonesia. It is a healthy, fresh, and versatile dish that can be adjusted according to personal preference, or even made vegetarian by omitting the tuna or shrimp. People usually consume it during family gatherings.

INGREDIENTS

500g corn kernels
 100g chopped tuna or shrimp
 2l water
 5 small shallots, peeled and sliced
 10 bird's eye chili
 2 cloves of garlic, thinly sliced
 A small bunch of lemon basil leaves
 A quarter of a semi-mature coconut, grated
 A thumb of crushed fresh ginger
 1 spring onion, sliced
 Fried shallot
 Salt and lime juice to taste.

METHOD

Boil corn kernels in water until tender. Add the ginger, shallots and garlic, stir before seasoning with salt. Next, add chopped tuna or shrimp until cooked. Finally add the grated coconut. Reduce heat to a simmer; toss in the lemon basil leaves and fried shallot, remove from heat. Add lime juice.

Note: Serves 5



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DE GA*Country of Origin: China • Submitted by Huihui Li*

This soup is a traditional food in northern China.

INGREDIENTS

Wheat flour
 Tomato
 1 egg
 Garlic
 Sesame oil
 2 tsp soy sauce
 1 tsp salt
 Spring onion

METHOD

Prepare the ingredients by slicing the tomato, spring onion and garlic. Put a dash of sesame oil in a pan and heat over a medium flame, sauteeing the garlic until fragrant. Add the tomato and stir until juices flow out. Pour into three bowls of boiling water. Place the wheat flour in a big container, adding water little by little. Quickly stir the mixture until it gains a loosely clumped, flocculent texture. Add a teaspoon of salt and two teaspoons of soy sauce. Make a small incision in the eggshell and gradually pour the egg into the boiling mixture. Add the spring onion and a dash of sesame oil. Let cool and enjoy!

Grain

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GANDUMMI HALWA

Country of Origin: Pakistan • Submitted by Hila Khalid

Halwa is a very popular sweet dish in Pakistani Culture.

INGREDIENTS

1.5 cups whole wheat flour
2/3 to 3/4 cup ghee/oil/butter
3/4 to 1 cup sugar or jaggery
3 cups water
1 tbsp whole cashews

METHOD

Heat the ghee/ butter, in one pan. In a separate pan, heat the sugar and water on a medium to high flame. If the mixture starts to boil too quickly, lower the flame. Meanwhile, add the flour to the hot ghee, stir continuously until the color of the flour changes and there is even browning. The flour should turn golden and have a good fragrance.

Increase the flame of the sugar solution until it starts to boil and immediately add to the flour mix. Be careful as the mixture has a tendency to splutter. Keep stirring, ensuring that no lumps are formed. When the mixture is semi-thick, turn off the gas.

Add the cashew nuts and serve hot or warm.



Grain

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MAKKI DI ROTI

Country of Origin: Pakistan & India • Submitted by Amina Nasim

Makki di Roti is a classic dish of the Punjab region in both Pakistan and India. It is normally eaten for breakfast and best served with white butter and Sarsoon da Saag (cooked mustard green leaves).

INGREDIENTS

256g makki /maize flour
Pinch of salt
Warm water for kneading
10g butter for kneading
Butter/oil for frying

METHOD

Mix together salt, flour and ½ tsp of butter. Knead with warm water and set aside. Divide the dough into small balls. Using a rolling pin flatten each ball of dough so that it resembles a round roti. Heat butter in a flat frying pan and fry the dough.

Grain

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MISSI ROTI

Country of Origin: Pakistan • Submitted by Hila Khalid

Missi Roti is a traditional dish from the Punjab region of Pakistan. The maize flour combined with Kasuri methi (dry Fenugreek leaves) and the other spices add just the right amount of zing to these Roti. Roti can be eaten with yogurt or mint chutney.

INGREDIENTS

2 cups maize flour
1/2 cup plain flour
1 tbsp soya flour
1 tbsp dried fenugreek leaves
1/2 tsp chilli powder
1/2 tsp cumin seeds
1/4 tsp turmeric powder
a pinch of asafoetida
salt to taste
1/8 tsp soya oil for kneading
1 tbsp soya oil for cooking

METHOD

Combine all the ingredients in a bowl and knead into a soft, smooth dough using enough water. Leave to rest for 10 minutes. Knead again using soya oil until the dough is smooth. Divide into 12 equal portions. Roll each portion into 150mm (6") thick circles, using a little flour for rolling. Using 1/2 tsp of soya oil, cook each roti on a non-stick griddle over a medium flame until both sides are golden brown.

Serve hot with mint chutney (see recipe).



Grain

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MINT CHUTNEY

Country of Origin: Pakistan • Submitted by Hila Khalid

This recipe was submitted by Hila Khalid, to be eaten with the Missi Roti. Missi Roti is a traditional dish from the Punjab region of Pakistan. The maize flour combined with Kasuri methi (dry Fenugreek leaves) and the other spices add just the right amount of zing to the Roti.

INGREDIENTS

4 tbsp fresh curd/yogurt or cashew yogurt
1 1/2 cups fresh mint leaves
1 cup fresh coriander leaves
1 green chili, chopped
1 small onion, chopped
1/2 inch ginger, chopped
2-3 garlic cloves, chopped (optional)
1 tsp cumin powder
1 tsp dry mango powder/amchur or dry pomegranate seeds powder/anardana powder
Black salt or rock salt as required

METHOD

Beat the curd in a bowl with a whisk or egg beater until smooth. Add the spice powders and salt. Grind the mint leaves, coriander leaves, ginger, garlic, onion and green chili with little water to form a smooth paste. Add to the curd. Mix until blended.

Serve the mint chutney with any tandoori snack or starter.



STEAMED BUNS

Country of Origin: China • Submitted by Xin Wang

Steamed corn-bread is a staple food in northern China. It is made from corn flour in the shape of a hollow cone. The dish dates back to Ming Dynasty, and is regarded as a healthy food in China, due to its high dietary fiber, proteins and amino acids.

INGREDIENTS

500g corn flour
350ml warm water

METHOD

Mix the corn flour and warm water together until they form a dough. Shape the dough into several balls and shape into a hollow cone. Put water in the bottom of a steamer then add cones, leaving 1-inch gaps between each.

Optional: Add sugar, soybean or wheat flour to the dough for an alternative taste.



EUROPE



Grain

a Day

KESKEK

Country of Origin: Turkey • Submitted by Suleyman Erharat

Keşkek is a traditional dish from Anatolia. Although it looks simple, the preparation is difficult and lengthy. Although the dish may vary region to region, Keşkek's main ingredients are always the same: wheat and meat. Keşkek is generally served at wedding ceremonies and during festive periods.

INGREDIENTS

20 Kg Wheat
10 Kg Meat
0.2 Kg Salt
2 Kg Butter
200g ground red pepper

METHOD

Put the wheat in a big saucepan/cauldron of water and leave to soak overnight. Add the meat and some water and place over a big fire. In shifts, some strong people stir the mixture with big wooden spatulas continuously for hours. Mix until it turns into a stew with the wheat and meat almost melted.

Add melted butter and red pepper before serving.



Grain

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SPAGHETTI BOLOGNAISE

Country of Origin: Italy • Submitted by Olivia Holden, Milling & Grain Magazine

My mother would always cook homemade spaghetti bolognese when I had childhood friends over for tea. Not only does it remain a favourite meal to cook and share with friends, it evokes comfort and memories of childhood teatimes.

INGREDIENTS

2/3 tbsp. olive oil
2 white onions, peeled and diced
2 cloves of garlic, crushed
500g ground beef
2 x 400g tinned chopped tomatoes
Fresh diced tomatoes
Pinch of dried oregano
2 tbsp. green pesto
2 tbsp. tomato puree
Pinch of salt
10 turns of black pepper
Dash of milk

METHOD

Heat the olive oil in a heavy bottomed saucepan. Once the oil is heated, add the diced onions and cook until translucent. Add the crushed garlicks and stir ensuring the garlic does not burn.

Add the minced beef. When the meat is thoroughly cooked, add canned and fresh tomatoes, oregano, pesto, tomato puree. Season with salt and pepper. Add a dash of milk (this is something I am told the Italians always do!). Leave to simmer for an hour to an hour and a half, stirring occasionally.

Allow 20 - 25 minutes for the pasta to cook. Add some crusty, warm bread for a wholesome meal. Sprinkle basil leaves over the top of the served bolognese and pasta for extra colour and flavour.

NORTH AMERICA





APPLE BRAN MUFFINS

Country of Origin: USA • Submitted by Amy Braun, Kellogg Company

I discovered this recipe during a meeting at work, when one of the Kellogg's nutritionists brought in these muffins. Bran doesn't always inspire excitement – but these muffins are so yummy and easy to make. They are a great breakfast or pick-me-up in the afternoon.

INGREDIENTS

2 cups all-purpose flour
 2 tsp low-calorie granulated sugar substitute
 1 tbsp baking powder
 1/2 tsp salt
 2 cups bran cereal
 2 cups apple juice
 1 egg
 1/4 cup vegetable oil

METHOD

Stir together the flour, sugar substitute, baking powder and salt. Set aside. In large mixing bowl, combine the bran cereal and apple juice. Let this mix stand for about 2 minutes or until cereal softens. Add egg and oil. Beat well. Add the flour mixture, and stir gently until combined. Portion evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.

Bake at 400°F about 26 minutes or until golden brown. Serve warm.



PUFFED WHEAT NIBBLERS

Country of Origin: USA • Submitted by Jessica Rutkoski

My college roommate and I stumbled across this recipe and we became hooked. We used to make a batch every week, and every night when we went to the library to study we would take along a container of wheat nibblers. It was cheap, easy and perfect brain fuel.

INGREDIENTS

6 cups plain puffed wheat cereal
 2 cups roasted peanuts
 1/2 cup firmly packed brown sugar
 1/4 cup unsalted butter or margarine, melted
 1/4 cup honey

METHOD

Heat oven to 135°C. Combine cereal, peanuts and sugar in a large bowl. Combine butter and honey; pour over cereal mixture, tossing gently. Pour into a lightly greased 15 x 10 x 1-inch jellyroll pan. Bake for 30 to 35 minutes, stirring mixture once. Let cool in pan, stirring occasionally.

Makes 16 servings (serving size 1/2 cup)

Grain

a Day

SWEDISH RYE BREAD

Country of Origin: USA • Submitted by Don Heller

This is the basic recipe my Grandmother Effie Carlson Segerstrom used to bake. Her parents emigrated from Sweden separately then met and married in America. I have tweaked it slightly.

INGREDIENTS

1 package dry yeast
 1 tsp sugar
 1 cup warm water
 1 ½ cups rye flour
 1 ½ cups hot water
 ½ cup Grandma's Molasses
 1/3 cup of honey (optional)
 1/8 cup vegetable oil (optional)
 2 tsps salt
 1 cup brown sugar
 ½ cup soft shortening
 6-8 cups of bread flour
 Cooking oil

METHOD

Mix yeast, sugar and warm water - set aside to prove. Mix rye flour, hot water, molasses, honey and oil. Once the yeast has started to bubble, combine with rye flour mixture, salt and brown sugar. Cut in shortening and mix well. Add bread flour (use at least 6 cups, add more only if necessary).

Knead well on a floured surface until the dough springs back and is not sticky. Place in well greased bowl and spray with cooking oil. Cover with a wet towel and put in a warm place to rise. When the dough has doubled in size, knead well on a floured surface.

Shape into 3 loaves and leave to rise again in greased bread pans. If you have an air bake cookie sheet use that under loaf pans to keep bottom from burning.

Bake for 1 hour at 300 then 15 more minutes at 325.

For a soft crust, wrap the bread in foil while still warm.



Grain

a Day

WHEAT BERRY CEREAL

Country of Origin: USA • Submitted by Jenny Dewey Rohrich

More than 99% of Americans (aged 2 yrs. and over) are not consuming recommended amounts of whole grains, whereas nearly two-thirds meet or exceed daily intake goals for amounts of grains, including refined grains. Sharing recipes involving whole grains, like wheat, promotes a shift towards consuming more whole grains instead of refined grains in America.

INGREDIENTS

½ cup (43 g) rolled oats
 ¼ cup (21 g) dried fruit (I used cranberries)
 1 cup (340 g) milk
 ½ cup (43 g) pre-cooked wheat berries
 1 teaspoon (5 g) brown sugar
 ½ teaspoon (2.5 g) cinnamon
 ⅓ cup (16 g) chopped nuts (I used pecans)

METHOD

Place oats, dried fruit and milk in a large, microwave-safe bowl. Stir to combine. Microwave uncovered for 2-3 minutes. Stir in pre-cooked wheat berries and microwave again until hot, 1 to 2 minutes. Stir in brown sugar, cinnamon, and chopped nuts. Let stand for 1 minute. Enjoy!

Note: you can also put all ingredients together the night before and microwave for 3 - 4 minutes.

Grain



INGREDIENTS

2 cups uncooked wheat berries
 1 cup chopped walnuts
 2 medium apples, cored and chopped
 1 cup dried cranberries
 1 cup finely chopped flat leafed parsley
 1/4 cup apple cider vinegar
 1/2 cup apple juice
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/2 teaspoon ground nutmeg
 1/2 teaspoon ground cinnamon
 3 tablespoons extra virgin olive oil
 2 tablespoons lime juice

WHEAT BERRY WALDORF SALAD

Country of Origin: USA • Submitted by Jessica Rutkoski

A roommate introduced me to this recipe and is possibly the best salad I've ever tasted. I also like it because it's healthy and easy to take to a barbeque or work.

METHOD

Put wheat berries into a large bowl, cover with at least 2 inches of water and set aside to soak for 6-8 hours or overnight. Drain well. Put 7 cups of water into a medium pot and bring to a boil. Add wheat berries, reduce heat and simmer, uncovered, for about 50 mins, or until cooked through. Drain and set aside to let cool. Transfer wheat berries to a large bowl. Add walnuts, apples, cranberries, parsley, vinegar, apple juice, salt, pepper, nutmeg, cinnamon, olive oil and lime juice and mix everything together thoroughly.

Makes 8 servings



Grain



INGREDIENTES

2 tazas de maíz
 4 tazas de agua

XOCOATOLLI: ATOLE AGRIO

País de origen: México • Enviado por Daniel Díaz Mora

La palabra "atole" proviene del náhuatl atolli (aguado). Es una bebida prehispánica representativa y tradicional de México, es una cocción dulce de maíz en agua. Esta variante de atole es una bebida que casi exclusivamente se toma en las comunidades de la región de origen nahua.

PASOS A SEGUIR

Limpiamos los granos de maíz y los dejamos reposar en un litro de agua para que se ablanden durante 6 horas. Molemos el maíz. Después colamos todos los residuos que están en el agua y los molemos lo más fino posible.

En la cocina de leña, dejamos nuestro atole cerca del fuego, más o menos a unos 30°C durante una noche. Por último, hervimos nuestro grano de maíz a 90°C, cuidando que no alcance la ebullición; hasta que tome una consistencia espesa y se cueza. Se puede agregar azúcar o piloncillo para endulzar.

Grain

a Day

XOCOATOLLI: ATOLE AGRIO

Country of Origin: Mexico • Submitted by Daniel Diaz Mora

The word “atole” comes from the Nahuatl atolli – meaning watery. It is a traditional pre-hispanic drink from Mexico made from a sweet mix of maize and water. This version of atole is consumed almost exclusively by communities of Nahua origin.

INGREDIENTS

2 cups maize
4 cups water

METHOD

Rinse the maize kernels and place in a bowl with a liter of water to soften for 6 hours. Grind the maize using a traditional grinder or an electric food processor. Rinse the maize and grind a second time.

Place the ground maize and water in a saucepan and cook the atole overnight at approximately 30°C. Raise the temperature to 90°C until the atole is thick and cooked, taking care not to exceed the boiling point. Add sugar or brown sugar to sweeten.



Grain

a Day

CORICOS

Pais de origen: México • Enviado por Ma. Ofelia Buendia

En México, consumimos aproximadamente 75 kilogramos de maíz por año en forma de tortillas, tamales, tlacoyos, botanas, galletas dulces, entre muchos otros. Para obtener estos productos, es necesario que el maíz, después de limpiarlo, sea sometido a un proceso de cocimiento alcalino conocido como nixtamalización. Un producto de este proceso es la harina de maíz nixtamalizado (HMN), la cual, al mezclarse con algunos ingredientes e hidratarse con agua, se convierte en masa apta para formar anillos o rosquillas de los cuales, después de ser horneados, se obtienen los “Coricos”, que son galletas tradicionales de los estados de Sinaloa y Sonora.

INGREDIENTES

250 g manteca vegetal
230 g azúcar
500 g HMN
10 g polvo para hornear
2.5 g sal
125 g leche en polvo
5 mL esencia de vainilla
125 mL agua

PASOS A SEGUIR

Acreme la manteca vegetal hasta que esponje. Agregue, el azúcar poco a poco y continúe batiendo hasta que se incorpore completamente. Al final debe obtener una pasta suave y esponjosa. Por separado, junte y mezcle con la espátula de plástico la harina de maíz nixtamalizado, el polvo para hornear, la sal y la leche en polvo. Agregue, poco a poco, la mezcla de los polvos a la manteca vegetal. Vaya combinando un poco de harina y un poco de agua hasta terminar. Al final adicione la esencia de vainilla. Mezcle por unos minutos o hasta obtener una masa manejable. Coloque la masa en la mesa de trabajo. Forme unas bolitas de masa como de 15 gramos, ruédela en la mesa de trabajo para formar un cilindro largo y junte los dos extremos. Coloque los anillos en una charola engrasada y hornee a 170°C por 15 minutos. Retírelas de las charola, deje enfriar y empaque.

Grain



a Day

MEXTLAPIQUE DE POLLO

País de origen: México • Enviado por Anónimo

Los mextlapiques son tamales rurales típicos de la zona lacustre del Valle de México y Toluca; se pueden encontrar en los mercados populares de las ciudades de México y zonas aledañas. El mextlapique es una preparación prehispánica que se consume en la cuaresma.

INGREDIENTES

½ pechuga de pollo cortada en fajitas
 300 g de maíz cacahuazintle en granos
 150 g de harina
 Sal de ajo, aceite vegetal
 6 hojas de maíz secas (totomoxtle)
 2 hojas santas
 1 rama de epazote
 200 g de tomate verde
 1 pieza de chile serrano
 ¼ de cebolla blanca
 1 diente de ajo
 150 g de queso panela

PASOS A SEGUIR

Salsa de tomate. En una rusa, colocar suficiente aceite, los tomates previamente lavados, el trozo de cebolla, el ajo, los chiles serranos y cubrirlos con agua. Dejar que los ingredientes se suavicen. Retirarlos del fuego y procesarlos en una licuadora. En un bowl, colocar la harina y suficiente sal de ajo. Empanar las fajitas de pollo en la mezcla anterior. En un sartén, sellar las fajitas de pollo con un poco de aceite y retirarlas del fuego. Colocarlas en la salsa de tomate. En una rusa cocer los granos de maíz cacahuazintle en agua caliente con sal hasta que se suavicen y reservar. Remojar en agua caliente las hojas de totomoxtle. Escurrir las hojas de totomoxtle. Cortar en cuadros la hoja santa y picar finamente el epazote y en cubos el queso panela. Reservar. Colocar una porción de fajitas de pollo en dos hojas apiladas de totomoxtle, la hoja santa, el epazote, el queso panela, cubrir con suficiente salsa de tomate y adornar con los granos de maíz cacahuazintle. Cerrar el mextlapique con una tira de hoja de totomoxtle. Sobre una parrilla o comal, colocar el mextlapique y dejar asar hasta que la hoja cambie de color y quede bien carbonizado. Cuidar hasta que el color sea uniforme. Servir caliente.



Grain



a Day

PASTEL AZTECA

Country of Origin: Mexico • Submitted by Arturo Silva Hinojosa

“Pastel Azteca” is a Mexican dish that is very easy to prepare. It’s similar to lasagna in that it contains many layers, but the ingredients you use can vary. This recipe is from Ivonne of Guadalajara.

INGREDIENTS

250g of mole paste
 250g of Manchego cheese
 Corn tortillas
 Sliced onion
 shredded chicken
 sour cream

METHOD

Spread 2tbsps of the mole paste onto the bottom of an oven-proof dish, then arrange a layer of tortillas, approximately 3 tortillas wide. The dish should accommodate approximately 12 tortillas. Add the shredded chicken and onion. Spread mole over the top, then add a layer of sour cream and cheese. Repeat from the tortilla stage until the dish is full.

Cook at 190°C for about 20 mins.

Grain



INGREDIENTES

250 g de mole
 250 g de queso manchego
 Tortillas
 Cebolla en rodajas
 Pollo deshebrado
 Crema

PASTEL AZTECA

País de origen: México • Enviado por Arturo Silva Hinojosa

El pastel azteca es un platillo mexicano muy práctico y sencillo de preparar. Es similar a una lasaña, ya que colocaremos ingredientes por capas pero varían los alimentos que utilizaremos. Esta receta es de Ivonne, de Guadalajara.

PASOS A SEGUIR

En un refractario se colocan 2 cucharadas de mole, acomodando una capa de tortillas aproximadamente 3 a lo ancho hasta colocar unas 12 tortillas. Sobre la capa de tortillas se le agrega el pollo deshebrado y algunas rodajas de cebolla al gusto. Se agrega el mole cubriendo toda la capa anterior al gusto. Se le colocan encima la crema agria y el queso al gusto. Se vuelve a realizar los pasos sucesivamente hasta llenar el refractario.

Hornear por aproximadamente 20 minutos a 190°C.



Grain



INGREDIENTS

400 g black maize
 270 ml white pulque
 530 g de piloncillo/sugar
 30 g cinnamon
 70 g pineapple
 10 g clove
 Plenty of sugar
 2 l water

SAMBUMBIA

Country of Origin: Mexico • Submitted by Anonymous

Sambumbia is a fermented drink from the 18th century that is still drunk in many areas of Estado de México. Sambumbia is used during the Cabildo celebration in the second Monday of Easter in the San Martín Ocochitepec church. The objective of the celebration is to choose the religious council for the coming year. During the party, each aspiring councilor must carry a pitcher adorned with flowers and filled with Sambumbia.

METHOD

Clean the maize grains. Toast them and then grind them coarsely with the cinnamon. Place in a pot with 1.5l of water and leave in the sun for two days. Grind the maize in a food processor. Heat 500ml of water with the piloncillo until it forms a syrup. Add the pineapple, pulque, cloves and sugar. Mix with the ground maize. Serve cold.



SAMBUMBIA

País de origen: México • Enviado por Anónimo

La sambumbia es una bebida fermentada elaborada desde el siglo XVIII y que actualmente sigue vigente en varios municipios del Estado de México. La sambumbia tiene presencia en la celebración del Cabildo, la cual se realiza el segundo lunes de Pascua en la Iglesia de San Martín Ocochitepec, cuyo objetivo es elegir quiénes serán los mayordomos de la comunidad para el año siguiente. Durante esta fiesta, cada nuevo aspirante a mayordomo debe llevar un cántaro (recipiente de barro) adornado con flores y lleno con esta bebida.

INGREDIENTES

400 g de maíz prieto
270 ml de pulque blanco
530 g de piloncillo
30 g de canela
70 g de piña
10 g de clavo
Cantidad suficiente de azúcar
2 l de agua purificada

PASOS A SEGUIR

Lavar el grano, tostarlo y molerlo “groseramente” junto con la canela. Vaciar la molienda en una olla con 1.5 l de agua y poner al sol durante dos días. En una rusa, calentar 500 ml de agua, agregar el piloncillo y dejar que reduzca, agregar la piña, el pulque, clavo y azúcar. En un procesador de alimentos moler el maíz con la mezcla anterior y colarlo. Servir frío.



TORTA DE ELOTE

Country of Origin: Mexico • Submitted by Adriana Pérez de Legaspi

This is a traditional recipe from my mother, she is 92 and from Sonora. I have never seen this recipe anywhere else. We used to make this dish during the harvest season, when the rains had barely begun - this dish shows gratitude for the harvest in the fields. Now I am dedicated to saving Mesoamerican culinary cultures. Pork and butter are not part of traditional cuisine but they work perfectly in this recipe!

INGREDIENTS

20 ears of maize
1 kg pork
6 tomatoes
1 small onion
3 sliced poblano chiles
2 garlic cloves
salt to taste
3 eggs
1 stick of butter (113g)
1 tsp baking powder

METHOD

Grind the maize using a grinder or food processor until it forms a paste. Roast the chilies, peel and slice. Grind the tomato with half the onion, garlic and salt. Optional: Add pepper or cumin. Cook the pork in a pressure cooker with the rest of the onion and a pinch of salt. Shred the meat and cook with the ground tomato until the juices are reduced to a broth. Add the poblano chiles. Mix the maize with the butter, eggs, baking powder and a bit of salt. In a large oven proof dish, place a layer approx. 2-3 cm using half the maize mixture. Next add the meat mix, forming a second layer. Add a final layer with the maize mix. Cover with aluminum foil. Place in a pre-heated oven for 35 minutes. Remove the aluminum foil and carry on baking for 10 minutes. Serve with salad and beer.



TORTA DE ELOTE

País de origen: México • Enviado por Adriana Pérez de Legaspi

Ésta es una receta tradicional de mi casa materna. Es un platillo que usamos desde luego en la época de cosecha, apenas iniciadas las lluvias y los elotes tiernos comienzan. Ahora yo me dedico al rescate etnogastronómico de la cultura culinaria de Mesomérica y es perfectamente comprensible que sea una especie de platillo celebratorio de abundancia y agradecimiento por la cosecha en las milpas. Desde luego, la carne de puerco y la mantequilla no estaban en la culinaria tradicional, pero se han fusionado perfectamente como ingrediente en la receta.

INGREDIENTES

20 elotes
1 kilo de carne de puerco
6 jitomates
1 cebolla pequeña
3 chiles poblanos en rajas
2 dientes de ajo sal al gusto
3 huevos
1 barra de mantequilla
1 C de polvo de hornear

PASOS A SEGUIR

Se muelen en thermomix o molino 20 elote tiernos. Se asan y pelan y hacen rajas los chiles poblanos. Se muele el jitomate con media cebolla. Se cocina la carne de puerco en olla de presión con la otra mitad de cebolla y un poco de sal. Se deshebra la carne ya cocida y se guisa con el jitomate molido y sazonado hasta que se reduzcan los jugos del caldillo. Se le añaden las rajas de chile poblano. Los elotes molidos como en pasta se juntan con la mantequilla y los huevos, el polvo de hornear y un poco de sal. Se forma una capa de aproximadamente 2 a 3 centímetros al fondo de un pyrex grande y se reserva una cantidad igual para usarse encima como tapa. La carne se coloca al centro a manera de relleno a todo lo largo y ancho del pyrex una capa de carne con rajas ya guisada, se forma otra capa de pasta de elote y se tapa con papel aluminio para hornearse. El horno precalentado y se revisa a los 35 minutos. Se destapa el papel aluminio para dorarse unos 10 minutos más en el horno. Se sirve con ensalada y cerveza.



CHILE ATOLE

Country of Origin: Mexico • Submitted by Martha Rodriguez-McLean

This recipe is traditionally prepared when corn is in abundance. Male farmers harvest early in the morning and give the corn to women in the family to prepare the beverage as part of the breakfast. The recipe has been in my family for many generations and is shared by my mother Enedina Díaz Osorio from Pentecostés, Texcoco. Atole is considered a natural drink energizer full of different nutrients.

INGREDIENTS

3 ears of corn (kernels only)
2-3 serrano, cuaresmeño or jalapeño chiles
3 sprigs of epazote (Mexican herb)
50 – 100g tortilla flour (depends on how think you would like your atole)

METHOD

In a medium pot cover the corn kernels with water and let it boil until corn is soft, add a little bit of salt. Meanwhile, grind the chile and add to the corn; stir well until combined. Add the tortilla flour and epazote. Add salt and water if needed.



1000 HOJAS DE MAIZ AZUL & CHAPULINES

País de origen: Mexico • Enviado por Anónimo

Con esta botana se pretende simular a la tlayuda oaxaqueña, la cual es una tortilla típica de los valles centrales del estado de Oaxaca, México. Los chapulines tienen una tradición de más de 3000 años, los cuales son vendidos y ofrecidos como botana o relleno. Por lo anterior, esta botana rescata dos joyas gastronómicas del estado de Oaxaca.

INGREDIENTES

300 g de masa nixtamalizada de maíz azul
300 g de requesón
250 g de chapulines
50 g de cebolla blanca
100 ml de aceite de oliva
5 dientes de ajo
500 ml de aceite vegetal
150 g de betabel

PASOS A SEGUIR

Trabajar la masa de maíz con las manos, hasta que tenga una textura suave y una consistencia elástica y firme. Formar bolas de 35 g de masa azul y aplastarlas hasta que queden delgadas. Calentar un comal a fuego medio. Cocer las tortillas por aproximadamente 30 segundos y voltearlas, dejarlas cocer por 50 segundos. En un sartén calentar el aceite de oliva, un poco de aceite vegetal y freír el ajo fileteado. Una vez que el ajo haya cambiado de color, colocar los chapulines y dorarlos por unos segundos más. Picar la cebolla finamente y en un bowl, colocar el requesón, la cebolla y los chapulines. Cortar las tortillas azules en forma rectangular. En un sartén calentar el aceite vegetal y freír los rectángulos. Limpiar el betabel, quitarle la piel y pasarlo por un rallador. Colocar las virutas en el aceite y dorar. Colocar un rectángulo de masa azul, encima el requesón con chapulines. Repetir en el mismo orden hasta formar 3 capas. Decorar con el betabel frito.



1000 LEAVES OF BLUE MAIZE & GRASSHOPPERS

Country of Origin: Mexico • Submitted by Anonymous

This snack is similar to the Oaxacan tlayuda. It is toasted on a clay hotplate before being stored in a basket made from palm leaves, giving it a texture like a flexible tortilla, slightly burned, slightly moist, and hard to chew. Oaxacan grasshoppers are a 3000 year old tradition, sold by many women at markets or on the street as a snack or filling. Therefore this snack brings together two Oaxacan gastronomic jewels.

INGREDIENTS

300 g blue maize dough
300 g cottage cheese/ricotta
250 g grasshopper/locust
50 g White onion
100 ml olive oil
5 cloves of garlic, thinly sliced
500 ml vegetable oil
150 g beetroot

METHOD

Work the maize until it is smooth and elastic. Add water if the dough is too rigid. Divide the dough into balls of 35g. Press the balls of dough until they are quite thin. Heat the stove on high and then reduce to a medium flame. Cook the tortillas for 30 seconds each and turn them, leave to cook for 50 seconds. Heat the olive oil and a little vegetable oil in a pan and fry the garlic. Once the garlic begins to brown add the grasshoppers and cook for a few more seconds. Finely chop the onion, place in a bowl and add the cheese and grasshoppers. Cut the tortillas into rectangles. Heat the vegetable oil in a pan and fry the square tortillas. Clean the beetroot, peel off the skin and grate. Fry the shavings in oil until brown.

Assembly: Take a square tortilla and put the cheese and grasshopper mix on top. Repeat to form three layers. Decorate with the fried beetroot.

Grain



a Day

CHAYA & CHEESE CROQUETTES

Country of Origin: Guatemala • Submitted by Equipo Semilla Nueva

Semilla Nueva helps rural Guatemalan farmers find a path to prosperity, health, and sustainability through sustainable agriculture technologies and farmer to farmer education. In Guatemala, New Seed is promoting a variety of corn with more protein and nutrients.

INGREDIENTS

½ Liter of oil
25 leaves of chaya finely chopped
1 onion finely chopped
1 block of Oaxaca cheese
or another that melts
2 lb of dough used for
tortillas made from QPM
Salt to taste

METHOD

Finely chop the onion and chaya leaves. In a small, non-aluminum pot boil water and salt and add the chopped chaya leaves. Boil for 3 minutes. Take leaves out and allow to cool. In a separate bowl break cheese up into small pieces, add the boiled chaya leaves, chopped onion and mix. Add a small amount of salt to corn dough and make tiny balls of dough. Pinch each ball of dough so that it takes the form of a tiny bowl. Add filling into opening in dough, pinch dough shut, and roll into a ball again until filling is completely covered. Repeat until dough runs out. Put flame to medium heat and pour oil into a deep frying pan. When the oil is hot, add croquettes one by one. Allow to reach a golden color on one side and then flip, being sure not to burn them or cause them to burst open. When gold on both sides remove from oil and place on a plate with paper to absorb any excess oil. Allow to cool slightly and serve with a tomato sauce on the side!



Grain



a Day

CROQUETAS DE CHAYA Y QUESO

Pais de origen: Guatemala • Submitted by Equipo Semilla Nueva

Semilla Nueva helps rural Guatemalan farmers find a path to prosperity, health, and sustainability through sustainable agriculture technologies and farmer to farmer education. In Guatemala, New Seed is promoting a variety of corn with more protein and nutrients.

INGREDIENTES

½ litro de aceite
25 hojas de chaya picada finamente
1 cebolla picada.
1 queso tipo Oaxaca
u otro que se derrita
2 lb de masa de maiz alto
en calidad proteica (QPM)
para hacer tortillas
Sal al gusto

PASOS A SEGUIR

Vamos a picar la cebolla y la chaya en trozos muy pequeños. En una olla pequeña ponemos a hervir agua y sal, agregamos la chaya picada. Dejamos cocer por 3 minutos, sacamos y dejamos enfriar. En otro recipiente tendremos el queso desmenuzado en trozos, le agregamos la chaya, la cebolla picada, revolvemos. Nuestra masa debe quedar amasada como si haremos tortillas, le agregamos un poco de sal al gusto. Para hacer las bolitas de croquetas agarramos una bolita de masa, cuando tengamos la masa en forma de guacalito agregamos en medio la mezcla de queso, chaya y cebolla, cerramos la bolita amasamos hasta que esté bien cubierta de masa, y así haremos una por una. Ponemos a fuego medio un sartén grande y hondo con aceite, cuando esté caliente, añadir una por una las croquetas, las que ya están doradas las sacamos y guardamos en un recipiente. Servimos en un plato con un salsa de tomate y verán como sus niños se lo devoran ¡y querrán más!



GREEN TORTILLAS

Country of Origin: Guatemala • Submitted by Equipo Semilla Nueva

INGREDIENTS

1 lb Quality Protein Maize
20 leaves of Chaya
OR 2 bunches of hierbamora
OR 2 bunches of chipilín – you can also
experiment with your own combinations!

METHOD

Make nixtamal – boil corn, clean nixtamal, drain excess water, and set aside. Wash and chop the 20 leaves of chaya or 2 bunches of hierbamora or chipilín. Boil herbs for 3 minutes. If using chaya use a non-aluminum pot. Drain and set aside the water. Allow leaves to cool. Add the boiled herbs to the nixtamal and mix the herbs and maize by hand. Take mix to mill – the corn dough will come out a beautiful green color! Prepare tortillas as normal.

SOUTH AMERICA



Grain

a Day

AREPAS COLOMBIANAS

Country of Origin: Colombia • Submitted by Natalia Palacios

Arepas are a traditional Colombian and Venezuelan signature dish. They are made from ground corn dough or flour, come both in circular and semi-flat shapes, and are popular in Colombia, Panama and Venezuela.

INGREDIENTS

2 cups yellow cornmeal
 1/4 cup wheat flour
 1/4 teaspoon salt
 150g of panela (piloncillo) or brown sugar
 3/4 cup milk
 2 tbsps butter
 2 eggs
 2 cups of milk curd or queso fresco (soft white cheese)

METHOD

In a saucepan, heat the panela/brown sugar with a cup of water with until completely dissolved; let it thicken slightly and leave to cool. In a cup, mix the sugar, eggs, curd/cheese, corn flour, wheat flour, melted butter, milk and salt. Knead until the dough has a smooth consistency. Let stand 15 minutes. Form into balls and flatten to create the arepas. Roast on both sides in a pan with a little butter. If desired, put on the grill to mark. Serve hot.



Grain

a Day

AREPAS COLOMBIANAS

País de origen: Colombia • Enviado por Natalia Palacios

Arepa es uno de los platos tradicionales y emblemáticos de Colombia y Venezuela. La arepa es un alimento hecho de masa de maíz molido o de harina de maíz precocida, de forma circular y semi-aplanada, popular y tradicional en las gastronomías de Colombia, Panamá y Venezuela.

INGREDIENTES

Dos tazas de harina de maíz amarillo
 1/4 de taza de harina de trigo
 1/4 cucharita de Sal
 150 gr de piloncillo
 3/4 taza de Leche
 Dos cucharadas de mantequilla
 Dos huevos
 Dos tazas de cuajada o queso fresco

PASOS A SEGUIR

En una olla, calentar una taza de agua con el piloncillo hasta disolver completamente; dejar espesar un poco y dejar enfriar. En una taza, mezclar el piloncillo, los huevos, el queso rallado, la harina de maíz, la harina de trigo, la mantequilla derretida, la leche y la sal. Amasar hasta que esté consistente y suave. Dejar reposar 15 minutos. Formar bolas y aplanarlas para formar las arepas. Asar por ambos lados en una sartén con un poco de mantequilla. Si desea, poner en la parrilla para marcarlas. Servir calientes.

Grain



a Day

HUMITA EN CHALA

Region of Origin: South America • Submitted by Julian Pietragalla

Humita is a pre-Hispanic Andean dish and a traditional food in parts of South America. Humita comes from the Quechua word humint'a (or jumint'a) meaning "maize bread". Humitas are a seasonal dish only available at the mid end of the cropping season. Humita en Chala (wrapped in corn husks) are very similar to Mexican tamales. The Humita mix is wrapped in corn husks and then slowly steamed or boiled.

INGREDIENTS

12-15 fresh maize cobs & husks (chala)
 150 g butternut squash
 3 tomatoes
 2 medium onions
 1 red bell-pepper
 2 spoon of olive oil
 200 g cheese
 50 g of butter (or lard)
 Spices: Paprika, Thyme
 Salt
 Pepper (black and/or white)
 ½ cup of basil
 Milk (for when maize kernel are too dry)

METHOD

Remove the husks from the maize, discard the hardest and reserve the best looking. Wash and dry selected husks. Cut a few husks in 1 cm wide strips. If they are too short, knot strips together. Grate the maize kernels and butternut squash. In a pot with hot water drop tomatoes during few seconds, then remove the skin and brunoise the tomatoes. Brunoise the onions and bell pepper. In a large pot, sauté the onions and bell pepper with olive oil. Add the butter, grated corn and squash. Season with paprika, salt, pepper and thyme. Stir constantly with a wooden spoon so that the bottom of the pot does not burn. It should take about 30min until the mixture becomes semi-thick. If it becomes too thick, add a little milk. Add the diced cheese, basil and bring back to heat until the cheese melts. Take two husks, place them in a cross form and put 3-4 full spoons of Humita filling in the center. Make a bundle and tie using husk strips. Steam the Humitas for approx. 45min.



contact us

These recipes were submitted by contributors to CIMMYT's #grainaday campaign during the month of June 2015. The cookbook contains 29 different recipes from five continents around the world, and is an invaluable resource for individuals looking to spice up their daily kitchen routine with nutritious maize and wheat-based recipes.

If you have any questions, comments or concerns, please e-mail us at:

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