

Nixtamal Para Pozole: Pozole Corn (aka Posole or Hominy)

By Karen Hursh Graber

Preparing dried corn for pozole is not difficult, and follows the same basic process as preparing corn for masa - tortilla dough, although for the latter the corn is soaked much longer. If the dried corn called *cacahuazintle* in Mexico and "pozole corn" in English is not available in your area, it can be ordered online, along with *cal* (calcium hydroxide) {<http://store.gourmetsleuth.com/cal-slaked-lime-1lb-P234.aspx>}.

Ingredients:

- 2 pounds dried field corn (flint corn, called *cacahuazintle* or *maiz para pozole*)
- 4 tablespoons *cal* (builders' lime, calcium hydroxide)
- 4 quarts water

Preparation:

<p>Step 1a- Place the corn in a large stockpot over high heat with the <i>cal</i> and the water. Stir to dissolve the <i>cal</i> completely, bring to a boil and lower the heat to medium.</p> <p>Step 1b- Continue simmering over medium heat until the skins of the kernels come off easily. This should take about 40-50 minutes. Check by taking a few out of the pot, letting them cool, and rubbing them between your fingers.</p>	
<p>Step 2- When the skins have loosened, drain the corn in a colander and rinse it very thoroughly several times to remove any residue from the <i>cal</i>. The kernels should be very white if all of the <i>cal</i> has been properly rinsed. Rub the kernels between your fingers to remove all the outer skin.</p>	
<p>Step 3- The small brown "eye," called the pedicel, at the base of each kernel can be removed with the thumbnail or small scissors. This is not necessary, but looks nicer and allows the corn to open up, or "flower," while the pozole cooks.</p>	

The corn is now ready to use in any pozole (posole) recipe (recipe follows).

Posole Soup

Ingredients:

- 3-4 lb pork butt roast, cubed
- 2 Tbs. olive oil
- garlic salt and pepper to taste
- 1 medium onion, diced
- 1 tsp. chopped garlic
- 1 tsp. oregano
- 8 c. chicken stock
- Posole corn (aka Hominy)
- Red Chile sauce (I prefer Bueno hot, red chile)
- Warm flour tortillas

Sauté' pork in a pan with olive oil, garlic salt and pepper until the pork is golden brown. Transfer to a crock pot with onion, garlic, oregano, chicken stock and Posole corn. Cook in crock pot for 4-6 hrs or until Posole corn is tender and has expanded (flowered) as shown in Step 3 above. Serve warm with shredded cheddar cheese, red chile sauce to your desired heat tolerance, and a warm flour tortilla for dipping! Serves approximately 8-10 people.

-Jennifer Reynolds