

The Wisdom of Cooking Corn in Ash Water: Nixtamalization

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The tortillas served at Mexican restaurants have a nutty aroma and a chewy texture quite different from wheat bread. Yet the corn dough used to make these tortillas cannot be made just by pouring water over cornmeal. That is because, before the dough is shaped, the corn must first be cooked in a special kind of water. That process is called 'nixtamalization.' Nixtamalization is a traditional processing method in which dried corn kernels are cooked and steeped in an alkaline solution such as limewater, then washed and hulled, turning corn into a softer and more nutritious food. In this article,