

CULINARY DISCOVERY PAVILION

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A DOTDASH MEREDITH BRAND

CACHAPAS VENEZOLANAS

Recipe by: Inés Rojas

Country: Venezuela

INGREDIENTS

- 2 or 3 cups of sweet corn (about 3 or 4 corn cobs)
- 1 egg (if the corn is too wet) or ½ cup milk (if the corn is too dry)
- ½ cup sugar
- One pinch of salt
- 1 TBSP butter for the budare (non-stick pan to grill the cachapas)
- Oaxaca cheese or mozzarella cheese

INSTRUCTIONS

1. Peel and wash the corn cobs.
2. With a knife, remove the grains from the cob without cutting too much from the cob.
3. Blend 3 or 4 cups of corn grains in a blender with the salt and sugar.
4. Add one egg if the mixture is too wet or add 1/2 cup of milk if the mixture is too dry.
5. Heat the budare (or non-stick pan), add the butter and pour the mixture into the pan.
6. With a wet spoon, flatten the mixture to make a round pancake.
7. Cook on both sides, flipping with a spatula.
8. Serve hot. Add butter and cheese on half of the cachapa and fold the other side over.

Note: In Venezuela, people accompany the cachapa with fried pork cut into pieces.



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