

# Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

## How You Can Easily Make Masa From Scratch

### Recipe

#### Ingredients

- 2 Pounds Whole Dry Corn
- 2 tbsp. Calcium Hydroxide ( Cal, Lime, Slacked Lime )
- 1 Gallon of Water

#### Instructions

1. Sort, and Wash 2-lbs of Whole Dry Corn.
2. Add Corn to a Large Pot, and 1 Gallon of Water.
3. Bring Pot to a boil, add 2 tbsp. Calcium Hydroxide.
4. Lower temp till Pot is just simmering, Let simmer till outer skin on corn wipes off easily.
5. Remove Pot from the heat and let it soak overnight.
6. The next day Rinse and Wash Corn, rubbing kernels to help remove all the outer skin from the corn. Keep Rinsing and Rubbing till water runs clear.
7. When Corn is well-rinsed drain off all water, corn is ready to be ground into Masa.
8. With a grinder, grind corn first on large setting, then on the low setting. I have two plates with my Kitchen Aid, at least, two passes are needed to grind the corn.
9. You can also use a food processor if you don't have a food grinder.
10. When the corn has been ground, add a small amount of water and try to Knead, to form a ball of dough, do not add too much water a few tablespoons at a time till it can be kneaded and is still somewhat dry.
11. When it can be formed into a ball it is ready to be made into tortillas or tamales.
12. Refrigerate or Freeze any that you do not use right away... Enjoy!