Preparing Corn & Making Tortilla Masa

Weigh out two pounds of dried corn, pick it over, rinse it, and then put it in a stainless steel pot and covered it with water.

After the water comes to a boil add a little slaked lime (calcium oxide) and cook the mixture for about 15 minutes. When the lime is added, the corn turns a deep golden color.

The corn should be cooked just until the skins slide off easily. Then leave the corn, which at this stage is called nixtamal, to soak overnight.

After nixtamal that has soaked overnight, check on the corn, the skins should have loosened up, and turned to slime.

Remove the skins by taking a small handful at a time and rubbing them between the palms of your hands under running water. Doing this over the colander that held the rest of the corn to prevent the escape of any wayward kernels. After the skins are rubbed off the corn is referred to as nixtamalizado and is ready for grinding.

Clamp the molino to a table and started grinding. It will take somewhere between 20 and 30 minutes to grind two pounds of corn.
DRIED CORN

NIXTAMAL
NIXTAMALIZADO

molino w/the nixtamalizado in the hopper and the finished tortilla masa in the dish