

Amaranth Corn Pudding

Ingredients	Volume
Corn stock	1 ¼ Cup
Coconut milk	½ Cup
Amaranth	1/3 Cup
Amaranth flour	4 ½ Tbsp
Maple syrup or agave nectar	2 ½ Tbsp
Lime juice	¼ Tsp or to taste
Sea salt	Pinch
YIELD:	2 – 8fl oz servings
Corn cobs, roasted with kernels cut off	4 ea
Water	6 Cup
YIELD:	3 ½ Cup

Directions

Bring the corn stock and coconut milk to a simmer. Whisk in the amaranth and amaranth flour. Simmer for about 15 minutes or until the mixture thickens and the amaranth grains tenderize. Whisk from time to time to prevent the mixture from sticking to the bottom of the pot. Remove the pot from the heat and stir in the maple syrup or agave nectar, lime juice and a pinch of salt.

Cover the corn cobs with water and simmer over low flame for two hours. If making a large batch to freeze for later use, you can simmer the liquid down an additional hour into a concentrate to save room in your freezer. When reconstituting the concentrate back into a stock, add equal parts water and concentrate (ex. 1C water to 1C corn concentrate).

*Alternative: If fresh corn is not in season the stock can be made by simmering 1 cup dehydrated sweet corn with 6 cups water in the same manner as the recipe using fresh corn.