

Atole

16 4oz servings

Ingredients

5 parts water

1 part heirloom white corn masa harina

Preparations

In a large pot over high heat, add 1 part Heirloom Corn Masa Harina to 5 parts boiling water. Lower the heat to medium. Whisk continuously until the masa is evenly incorporated and smooth. Incorporate any spices or flavors. 1/16/25, 1:33 PM Recipe for Atole, a Masa-Based Drink – Masienda about:blank 1/2 If you desire a thicker atole, continue cooking, stirring frequently, until sufficiently reduced; if you desire a thinner consistency, gradually add water, stirring frequently, until the desired consistency is reached. Serve warm. Storage: While atole is best enjoyed immediately, you can refrigerate in an airtight container for up to 24 hours. After 24 hours, it will become gritty, even after rehydrating and reheating. Upon reheating, it is best to rehydrate the atole as needed. There is no specific amount of liquid recommended for reheating; just thin the atole out a bit, stirring constantly, and cook until it reduces to your desired consistency.

Source: <https://masienda.com/blogs/learn/atole-recipe?srsltid=AfmBOoqwDt3plZsVrNqGG0jqGhw8XVKiJDgRcH4Q2fJDHvE1xUw5Y6bK>