



Creamy Cozy Corn-Cocoa "Champurrado" Mugs

By Dylan Sabuco

Prep Time 5 / Cook Time 10 / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Large pot
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk

Ingredients

Creamy Cozy Corn-Cocoa "Champurrado" Mugs

- 4 C water
- 1/2 C granulated sugar
- 1 tsp ground cinnamon
- 2 T pure unsweetened cocoa powder ******(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)******
- 1/8 tsp mild chili powder ******(Omit for NIGHTSHADE ALLERGY)******

1/4 C corn masa flour

extra seasoning and water if needed for consistency and flavor

Food Allergen Substitutions

Creamy Cozy Corn-Cocoa "Champurrado" Mugs

Chocolate: Check cocoa powder labels for small amounts of dairy. Substitute carob powder for cocoa powder.

Nightshade: Omit mild chili powder.

Instructions

Creamy Cozy Corn-Cocoa "Champurrado" Mugs

measure + whisk

In a large pot, measure **4 cups water, 1/2 cup sugar, 1 teaspoon cinnamon, 2 tablespoons cocoa powder, 1/8 teaspoon mild chili powder,** and **1/4 cup corn masa flour**. Whisk this mixture thoroughly. You want to whisk until the seasoning and corn flour are fully mixed in with no lumps.

simmer + pour

Bring the mixture to a simmer for 10 minutes over medium low heat. While you stir and wait, let's practice counting to 10 in Spanish: 1 uno (OOnoh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAHtroh), 5 cinco (SEENkoh), 6 seis (SAYees), 7 siete (seeEHtay), 8 ocho (OHchoh), 9 nueve (NUehvay), 10 diez (DEEehs). You can always add more seasonings or water for the proper consistency and flavor. Enjoy and "salud" (Sah-LOOD) or "cheers" in Spanish!

Featured Ingredient: Corn Masa Flour!

Hi! I'm Corn Masa Flour!

"I'm also called Masa Harina. You can use me to make gorditas, pupusas, sopes, tamales, and tortillas! You can even add corn masa flour to soups, cakes, and cookies! Did you know "masa" means "dough" or "mass" and "harina" means "flour" in Spanish?"

Corn masa flour is dehydrated (dried) corn masa, a dough made from finely ground corn kernels cooked and soaked in limewater (calcium hydroxide), an alkaline solution. This process, called "nixtamalization," was developed in Mesoamerica about 3,000 years ago and gives the masa a distinctive flavor. Let's say it together: nis-TUH-mal-uh-zay-shun. You got it!

When you add water back into the flour, it becomes masa, or dough, again. Of course, you can use fresh

masa, but it can take a few hours to simmer and soak the dried corn kernels and then grind them in a food processor. It is much quicker to get a bag of masa harina at the market and just add water!
Corn masa flour has protein, fiber, B vitamins, potassium, calcium, and magnesium.