

## AMARANTH CORN PUDDING

Recipe courtesy of Andrea Murdoch

*Yield: Two 8-ounce servings*

### INGREDIENTS:

- 1 1/4 cups corn stock (see below)
- 1/2 cup coconut milk
- 1/3 cup amaranth seeds
- 4 1/2 tablespoons amaranth flour
- 2 1/2 tablespoons agave or maple syrup
- 1 tablespoon lime juice, or to taste
- Pinch of sea salt

### INSTRUCTIONS:

1. Bring the corn stock and coconut milk to a simmer.
2. 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.
3. Remove the pot from the heat and stir in the agave or maple syrup, lime juice and a pinch of salt.

### Corn Stock

- 4 corn cobs, roasted with kernels cut off
- 6 cups water

Place corn cobs in a stock pot and cover with water. Simmer over low heat for three hours. Strain and scrape the "milk" from the corn cobs. There is more natural sweetness and starch here that you don't want to leave behind.