

El Torito Sweet Corn Cake

From: Barb

Date: Tue, 29 Oct 1996 14:36:27 GMT

* Exported from MasterCook *

El Torito Sweet Corn Cake

Recipe By : El Torito Restaurant, California
 Serving Size : 12 Preparation Time :0:30
 Categories : Breads Copycat
 Mexican

Amount	Measure	Ingredient	Preparation Method
1/4	cup	butter or margarine	
2	tablespoons	shortening	
1/2	cup	masa harina	
3	tablespoons	cold water	
10	ounces	corn kernels	
3	tablespoons	cornmeal	
1/4	cup	sugar	
2	tablespoons	whipping cream	
1/4	teaspoon	baking powder	
1/4	teaspoon	salt	

My favorite, and well worth the effort. Masa harina comes in a bag like flour and can be found with the flour in most supermarkets. It's the flour to use for corn tortillas. The recipe doubles easily and turns out well with either of the two methods provided. -- Ann Weeks, Corona Method two is the moist scoop we usually get at the restaurant. -- path

 Place butter and shortening in mixer bowl and whip until soft; continue whipping until fluffy and creamy. Add masa gradually while mixing; add water gradually and mix thoroughly.

Place corn kernels in blender or food processor fitted with metal blade; coarsely chop. Stir into the masa harina. Place (regular) cornmeal, sugar, whipping cream, baking powder and salt in large mixing bowl; mix quickly. Add masa mixture and mix lightly, just until blended. Pour into greased 8-inch-square baking pan. Cover with foil.

Method 1: Bake in 350-degree oven 40 to 50 minutes or until corn cake has a firm texture.

Method 2: Place pan in a larger pan and pour boiling water half way up corn cake pan. Bake at 350 degrees 40 to 50 minutes, checking water level and adding more boiling water, if necessary. When cooked through, remove corn cake pan from water.

Let cooked cake stand at room temperature for few minutes before cutting into squares or using a small ice cream scoop to serve.

Makes 10 to 12 small servings. Store leftovers in the refrigerator.

Cook and Tell recipe swap column, Riverside Press-Enterprise 3 Oct 96. Pat H. McRecipe.

*Just one of the 69190 recipes available on
 SOAR - the Searchable Online Archive of Recipes*

<http://soar.berkeley.edu/recipes/copycat/recipe240.rec>

11/07/2000