

Tortitas mexicanas de maíz



Ingredientes

Ingredientes para 10 raciones:

400 g de maíz asado a la mexicana Ardo

4 huevos

220 ml de leche

160 g de harina con levadura

Pimienta

Sal

Ingredientes para la salsa:

500 g de mezcla Brunoise mediterránea Ardo

125 g de Salsa Mexicana Ardo

50 ml de aceite de oliva

3 dl de concentrado de tomate

80 g de azúcar

el zumo de dos limones

comino

Pimienta

Sal

Modo de preparación

Sauce

1. Stew the mediterranean brunoise with the mix salsa Mexicana in olive oil.
2. Add sugar, lemon juice, cumin and the tomato coulis.
3. Let it simmer until the vegetables are tender. 4. Season with salt and pepper.

Pancakes

1. Make a batter from the eggs, milk and self-raising flour. Season with salt and pepper.
2. Add the defrosted roasted corn Mexicana.
3. Make pancakes from this mixture and bake in a non-stick pan. Bake about 2 minutes on both sides.
4. Serve the pancakes with the sauce.

Alérgenos

Milk

Egg

Gluten



We preserve nature's gifts