Venezuelan Cachapas

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

About the Recipe

198 Calories · 8 g Protein · 3 g Fiber
Side Dish
Gluten-free

If you live in a Latin American country that has starchier corn, you might have to omit the P.A.N. corn flour completely. Follow step 2 and if the batter is too loose, then you can add a little bit of corn flour.

Ingredients

Makes Makes 10 cachapas Servings

- ears of corn (6)
- sugar (1 tbsp)
- almond milk (1/4 cup)
- cornstarch (1 tbsp)
- salt (1/2 tsp)
- P.A.N. corn flour (3/4 cup)
- cashews (1 cup)
- low-fat extra-firm tofu (7 oz)
- garlic cloves (2)
- nutritional yeast (1 tbsp)
- lemon (1)

Directions

1. To make the cashew cheese: Soak the cashews overnight in hot water.
2. Drain the cashews and place them in the food processor, process for 3 – 5 minutes until the cashews become like a paste. Scrape down the sides of the food processor. Add the tofu, garlic (peeled), nutritional yeast, and 2 tablespoons of lemon juice, and process until you have a smooth paste. Add salt and pepper to taste, and set aside.

3. Cut the kernels (5 2/3 c/784 g). Place the corn kernels, sugar, milk (unsweetened), cornstarch, and salt in the blender. Blend until you get a thick mixture that resembles a batter. It shouldn’t be completely smooth. Place the mixture in a bowl and add corn flour.

4. Heat a small nonstick skillet to medium-low heat. Pour 1/2 cup of the mixture into the skillet and spread it to make a round pancake. Cook until the bottom begins to brown, 2 -3 minutes. Carefully flip the cachapas, and cook on the other side. Remove from the skillet and set aside. Repeat this step with the rest of the batter.

5. Spread 1 tbsp of the cashew cheese and fold the cachapa in half. Serve while hot.

**Nutrition Facts**

*Per Serving:*
**Calories:** 198  
**Total Fat:** 8 g  
  - **Saturated Fat:** 1.4 g  
  - **Calories from Fat:** 36%  
**Cholesterol:** 0 mg  
**Protein:** 8 g  
**Carbohydrate:** 27 g  
**Sugar:** 5 g  
**Fiber:** 3 g  
**Sodium:** 126 mg  
**Calcium:** 106 mg  
**Iron:** 1.8 mg  
**Vitamin C:** 5 mg  
**Beta-Carotene:** 98 mcg  
**Vitamin E:** 0.4 mg