

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, place them in the food processor, and 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 cups or 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 tablespoon 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