

Holistic Culinary

Botanical name: *Zea mays*
English: Maize; Hindi, Oriya: *Maka*; Bengali, Marathi, Punjabi, Gujarati: *Makai*; Kannada: *Musikinu jola*, Tamil: *Makka Cholam*; Malayalam *Cholam*; Telugu: *Mokkajonnaalu*

Maize, also known as corn, is a grain plant farmed since pre-historic times. The leafy stalk of the corn produces ears with grain or seed kernels. Maize kernels are often used in cooking as a starch. The six major types of maize are dent, flint, pod, popcorn, flour and sweet.

Maize spread to the rest of the world because it was cultivable in different kinds of climates. Sugar-rich sweet corn is grown for human consumption. Field corn varieties are used as animal feed and for grinding into cornmeal, pressing into corn oil, fermentation and distillation into alcoholic beverages and as chemical feedstocks.



While corn is usually golden-yellow in colour, there are other varieties, such as pink, purple, red, blue and black. Corn is eaten on or off the cob, cooked into a thick porridge, as grits, polenta or stuffed into tamales, rotis, in salads, etc. Chips and popcorn are the other well-known uses.

Corn is a good source of B vitamins consisting of thiamin, niacin, pantothenic acid (B5) and folate. In moderate amounts corn provides dietary fibre and essential minerals, such as magnesium and phosphorus.

Starch from maize is being used to make plastics, fabrics, adhesives and other chemical products. Chrysanthemin is found in purple corn and is used as a food colouring.

Corn is useful as bio-fuel and "feed maize" is increasingly being used for heating in the west. Specialised corn stoves are now available. Maize cobs are

out of yellow dried corn are eaten as cornmeal. Cornflour and cornstarch is another kind of flour that is white and is used as a thickening agent in sauces.

In Punjab, *Makai ki roti* and *sarson ka saag*—corn meal and mustard leaf mash are commonly served in the winter months with dollops of ghee and gur (molasses). All this helps to create warmth in the body. Shortbread cookies are made by combining cornstarch, refined flour and butter.

In *Ayurveda* corn in the diet helps to reduce water retention and blood pressure. Corn contains lots of potassium. As a diuretic, it reduces water retention and counteracts the action of sodium in the body. Corn is very useful for people with high blood pressure. The best form of corn for *kaph* is popcorn because popcorn dryness absorbs excess *kaph* fluids in the stomach.

Corn Kernel Milk Pudding

Ingredients

Sweet Corn 1 cup
Milk 1 litre
Rice soaked in enough water
to cover it 2 teaspoons
Saffron (kesar) Few strands
Cardamom powder $\frac{1}{4}$ teaspoon
Almonds slivered finely 10
Pistachios chopped 10
Ghee $\frac{1}{2}$ tsp
Sugar $\frac{1}{4}$ cup

1. Grind sweet corn kernels coarsely with a little water or milk. Cook this paste separately in a heavy bottom saucepan with the sugar stirring continuously till sugar is dissolved and the corn is cooked.

2. Blend the rice coarsely with the water you soaked it in.

3. Heat milk in a deep non-stick pan. Add the coarsely blended rice to the milk and mix.

5. Add corn and sugar mix and stir the *kheer* thoroughly. Cook till the *kheer* thickens.

6. Heat the ghee in a saucepan and lightly toast the almonds and pistachios.

7. Cool the *kheer* and serve garnished with pistachios and almonds.



Finely sliced onions 2 tbsp
Garam masala powder ½ tsp
Grated ginger 2 tsp
Green chilli paste ½ tsp
Finely chopped coriander
leaves 2 tsp
Salt 1 tsp
Oil for shallow frying each
cutlet 1tsp

Method

1. Mix all the ingredients except the oil.

2. Knead well to form stiff dough. Make eight balls.

5. If possible, place all the cutlets in the griddle or in two batches.

6. Keep regularly flipping the cutlets and cooking till each one browns light both sides. Apply more oil required while cooking the cutlets.

7. Serve hot with mint or and sour chutney 🍽️

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