

Mexican

Appetizers & Snacks

Traditional Purépecha

Corn Corundas

⌚ Prep: 33m 🔥 Cook: 60m ⚡ Total: 93m 🍽️ 6 servings



📺 Video ref: De Mi Rancho a Tu Cocina (Doña Ángela)

MISE EN PLACE / INGREDIENTS

[12]

- ☐ 3 cups Nixtamalized Corn Masa Flour (Maseca)
- ☐ 1.5 cups Warm chicken broth or water
- ☐ 4 whole Ripe Roma tomatoes (for ranchero sauce)
- ☐ 0.5 whole White onion, quartered
- ☐ 1 cup Mexican sour crema (Cacique)
- ☐ 0.75 cup Pork lard, aerated
- ☐ 1.5 tsp Fine sea or kosher salt
- ☐ 15 leaves Fresh green cornstalk leaves (hojas de milpa) or banana leaves
- ☐ 2 whole Fresh serrano chiles (for ranchero sauce)
- ☐ 2 cloves Garlic cloves, peeled
- ☐ 1 cup Aged Cotija cheese, crumbled (Cacique)

🛒 US SUPERMARKET BRAND GUIDE

Corn Masa Flour: Maseca Instant Corn Masa
Reliable hydration and texture. 📍 Flour/Hispanic aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Whip Lard

⌚ 8 min

Beat pork lard with baking powder and salt for 8 minutes until light, airy, and chalk-white.
✓ Checkpoint: Fluffy white fat base.
- 2

Knead Masa

⌚ 10 min

Alternate adding nixtamalized corn masa flour and warm chicken broth (or water) while kneading until a soft, pillowy dough forms.
✓ Checkpoint: Dime-sized ball of masa floats in cold water.
- 3

Fold Triangles

⌚ 15 min

Place a portion of dough onto the base of each fresh green cornstalk leaf (hoja de milpa) and fold diagonally into 5-sided triangular polyhedral pockets.
✓ Checkpoint: Sealed triangle pockets.
- 4

Steam & Serve with Salsa

⌚ 1h (60m)

Steam corundas vertically over boiling water for 60 minutes. Meanwhile, simmer or roast the Roma tomatoes, serrano chiles, white onion, and garlic, then blend into a warm red ranchero sauce. Unwrap corundas and serve bathed in the warm sauce, Mexican crema, and crumbled Cotija cheese.
✓ Checkpoint: Leaf unpeels with zero residue; fluffy steamed corundas.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)

USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

👁️ MASTER DONENESS CHECKPOINT:
Unpeels cleanly from leaf with an airy cloud-like crumb.

🔬 WHY IT WORKS:
Aerated Fat: Whipping lard encapsulates air pockets that expand when steamed.

⚠️ TROUBLESHOOTING:
Dry cracked dough: Add 1/4 cup warm broth and knead until supple.