

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Curau (Brazilian Sweet Corn Pudding)

Makes 8-10 (½ cup) servings

Corn has been a staple of Brazilian diet for hundreds of years. In Rio de Janeiro, Curau is made during the "Festas Juninas"; June festivities dedicated to Saint Anthony, Saint John, and Saint Peter. Sweet corn pudding can be served warm, at room temperature or chilled.

Ingredients:

8-10 ears of corn (or 4 ½ cups of kernels)
1 quart 1% milk
6 tablespoons cornstarch
1 (13-ounce) can lite coconut milk
1 (14-ounce) can sweetened condensed milk
¼ teaspoon salt
Ground cinnamon to sprinkle

Instructions:

1. Shuck the corn and cut the kernels off with a sharp knife into a large bowl. Place the corn, HALF of the milk into a food processor or blender and puree. Strain, pressing down with the back of a spoon to separate the juice from the pulp. Discard the pulp, or use it for another recipe.
2. Place the corn liquid into a medium sauce pot. Whisk in the cornstarch. Add the rest of the milk, coconut milk, sweetened condensed milk, and salt.
3. Cook over medium-high heat, stirring constantly, for about 15-20 minutes or until mixture becomes thick and creamy.
4. Pour into individual cups. Sprinkle with cinnamon. Serve warm or chilled.

Recipe Notes: If you don't have a food processor or blender just use a cheese grater to remove corn kernels, then strain as described above.

Nutritional Information per serving:

Calories: 161	Carbohydrates: 31g
Total Fat: 3g	Cholesterol: 4mg
Saturated Fat: 2g	Dietary Fiber: 1g
Sodium: 99mg	Protein: 6g