



Consejo del chef

Cool in the refrigerator for at least half-hour before serving. The cream goes well with sliced avocado, lime, and the rest of the corn (you can stir fry the kernels for a crispy result), a dash of oil, fresh ground pepper, and some herbs under your choice.

Raciones para 2

2
Ripe avocados
1
Corncob
1/2
Onion
1
Clove of garlic (without germ)
1
Lime
2g
Cumin
450ml
Water
Salt
Pepper
2
Tablespoons soy yoghurt
1
Celery stick
Basil, parsley, and coriander

- 1 Remove corn kernels and boil until tender. Drain and cool them with cold water. Set aside half of them.
- 2 Grate the lime and save the juice for later. A trick to get the juice easily is to roll the lime before on the counter while you press it with your hand.
- 3 Put all the ingredients in the blender, except the kernels you saved before. Blend until you have a soft cream without lumps. You can add some water to get the right texture. Add salt if needed.
- 4 Fresh herbs, celery, and a bit of soy yoghurt can make this cream fresher. Try different ingredients combination to find your favorite.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/crema-de-aguacate-con-lima-y-maiz/>

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