



## 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

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

