Avocado, lime, and corn cream



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/en/receta/crema-de-aguacate-con-lima-y-maiz/