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Go with the grain 百搭主食

Domesticated in Mexico some 10,000 years ago, maize, or corn, is one of the world's most versatile grains. The most common variety is vellow, but you can also find black, purple, blue, pink and red corn. Whichever you choose, there are myriad ways to prepare this humble ingredient

玉蜀黍或粟米為一萬年前原生於墨西哥,堪稱世上種類最多元化的穀物,除了最常見的黃色,粟米還有黑色、紫色、藍色、粉紅色和紅色 等品種。然而,不管什麼顏色,這種價廉物美的食材有很多不同的烹調方式

By Kate Whitehead



Corn tortillas 墨西哥粟米烙餅

With plenty of fibre and low in sugar, corn tortillas are healthier than those made of wheat flour. Their main ingredient is masa harina, a traditional corn flour made from dried kernels that have been treated in a solution of lime and water which softens the corn and makes it more pliable.

少糖高纖維,比麵粉製的烙餅更健 康。墨西哥粟米烙餅的主要材料是 masa harina, 這是一種以曬乾的粟 米加入石灰水製成的傳統粟米粉, 可提高烙餅的柔軟度,更易彎曲。





A type of corn that puffs up when heated, popcorn is believed to have existed in Mexico as early as 3600 BC. It gained popularity with Charles Cretors' invention of the popcorn maker in the 1890s, which he followed with the world's first electrically powered popcorn machine.

這是一種將粟米加熱,使穀粒爆開 的零食,據説早在西元前3600年 已在墨西哥出現。但直到1890年 代,美國人Charles Cretors改良世上 第一部使用電力的爆谷機器,進而 發明出爆谷機之後,才使這種零食 流行起來。





A variation on tomato-based Mexican salsa, corn salsa is typically made using raw or grilled kernels, black beans, cilantro, green onions and jalapeños. A similar dish made with corn kernels and lima beans is known as succotash

不同於番茄做的莎莎醬,粟米莎莎 醬通常將生的或烤過的粟米粒混 合黑豆、切碎的胡荽葉、香蔥和墨 西哥辣椒而成。類似以粟米粒和青 豆製成的succotash醬。





Often made with cornmeal, flour and baking soda, cornbread is a popular side dish in the southern United States. It has variations such as the hushpuppy, a deep-fried ball of cornbread batter, and johnnycakes, a pancake-like bread served in New England.

美國南部常見的粟米麵包以粟米 粉、麵粉和蘇打粉製成。同樣 材料亦可製成其他種類,如圓球 狀的油炸粟米餅,或新英格蘭的 煎粟米薄餅。



Cornstarch 粟米粉

The starch derived from the endosperm of the corn kernel, cornstarch is most commonly used as an anti-caking agent and a clear thickening agent (as opposed to wheat flour, which creates an opaque mixture). It can be used throughout the cooking process, from marinades where it helps to bind ingredients to the final seconds of stir-frying when water-and-cornstarch slurries are used to give a dish body and help any liquid to coat the food thoroughly. 以粟米的胚乳製成,是最常用於 避免結塊,提高濃稠度,呈現透明

狀的烹飪食材(使用麵粉則會呈混 濁狀)。適用於所有烹調步驟,如醃 製食物時幫助調味料附著在食材上 面,或在炒菜快起鍋前加入水和 粟米粉調成的粉漿,可讓醬汁均匀 覆蓋食物。

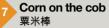


Polenta 粟米糊

A golden-yellow Italian cornmeal made from ground corn, polenta is also the name given to the savoury cornmeal porridge that's made by mixing cornmeal with water and simmering it until it thickens. The dish is most prevalent in northern Italy, often with added ingredients such as cheese, seafood, mushrooms, tomato broth or even small birds. Boiled polenta can also be left to set and then shaped into sticks or balls to be fried, baked or grilled

一種研磨粟米製成的金黃色意式粟 米粉,亦指將粟米粉加水,不斷攪 拌直至濃稠,然後加鹽調味的粟米 糊。這是意大利北部常見的食品,通 常加入不同食材,如芝士、海鮮、蘑 菇、番茄湯, 甚至小型禽鳥。有時亦 可將粟米糊放涼,然後切成長條狀 或圓球狀,然後炒、焗或烤來食用。





Maize, or corn, comes in six major types: dent corn, flint corn, pod corn, popcorn, flour corn and sweet corn. Sweet corn is popular in the United States, where it was first cultivated by Native Americans and where the Iroquois are known to have introduced it to European settlers in the late 1700s. It has a naturally high sugar content and is often eaten whole - or "on the cob" - after being boiled, steamed or grilled and slathered with butter and salt.

粟米主要有六種:馬齒粟米、硬 粟米、莢粟米、爆粟米、粉粟米及 甜粟米。美國人愛吃的甜粟米來 自原住民,1700年代末期由北美 印第安人傳給歐洲殖民者。粟米 的天然糖分極高,通常煮、蒸或 烤熟後塗上牛油和鹽巴,然後整 根食用。



A mildly sweet syrup derived from cornstarch, corn syrup is used to sweeten, thicken and retain moisture in foods. It comes in a light variety seasoned with vanilla and a dark variety with refiners' syrup, a type of molasses. Corn syrup is also used in Asian dishes to balance sweet and sour flavour profiles, and in candy to control sugar crystallisation.

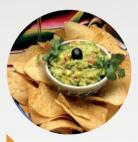
甜度中等,以粟米粉製成, 用於增加食物的甜味、黏稠 度及保持其濕潤度。以雲呢 拿調味的粟米糖漿顏色較 淺,若加入精煉糖漿如糖蜜 (molasses) 則顏色較深。 亞洲料理使用粟米糖漿中和 甜度和酸度,用於製作糖果則 有助產生結晶。





This popular breakfast cereal was invented in 1898 by a pair of American brothers after a failed attempt at making granola. It is made by forcing cooked corn through a roller to produce flakes and then toasting them.

這是現在很普遍的早餐食品, 在1898年由一對美國兄弟發明。 當時他們做燕麥卷失敗了,卻陰 錯陽差發明了粟米片。做法是用 棍子將粟米壓成小薄片,然後再 加以烘烤。





This festive snack owes its distinctive shape to Rebecca Webb Carranza. The Los Angeles-based businesswoman first took rejected tortillas. cut them into triangles and fried them for a family party in the 1940s.

洛杉磯的女商人Rebecca Webb Carranza在1940年代發 明三角形的粟米脆片。她將粟 米烙餅切成三角形,炸過之後, 於家庭聚會中招待親友。