

## Day of the Dead Cooked Amaranth Paste – *Pasta de amaranto cocido para el Día de Muertos*

### Ingredients

- ½ cup amaranth seed
- 1 cup water
- 2 tbsp corn flour (*masa* flour, not starch)
- 1 tbsp agave syrup or honey, plus more, to serve



Bring water to boil in a pan over high heat; add amaranth seed (photo below, left). Lower heat to medium, stirring to rehydrate the seed (photo below, right):



Continue cooking and stirring, until the seed is tender and most of the water has been absorbed, about fifteen minutes, then add syrup or honey (photo below, left). Add corn flour and stir to incorporate into a paste (photo below, right):



Continue cooking for another two minutes so the flour does not taste raw. Form into small shapes with wet hands (the paste will be crumbly, so nothing too tall or large). Place on a plate and pour a little syrup or honey around, as pictured at the top.