

Nixtamalization Protocol

This protocol will produce an alkaline solution for maize kernels to be soaked and slowly cooked in, to replicate the process of nixtamalization. The procedure was adapted from a recipe on Anson Mills' website as well as numerous ethnographic accounts (Harrington 1908, Waugh 1916, Katz 1974, Anson Mills 2016). The protocol takes approximately 1.5 days (27.5 hrs) to produce a finished batch of nixtamalized maize.

PREPARATION OF ALKALINE SOLUTION ~ 6 hrs (begin at 11 am - 12pm)

1. Dissolve 45 g of slaked lime (Anson Mills' pickling lime) with 2 L of boiling water in a large beaker. Stir initially as necessary.
2. Allow solution to sit for 5.5 hours.

SOAKING MAIZE ~ 14.5 hours (5-6 pm)

1. Decant solution into the Crockpot, being sure not to introduce the undissolved lime solids into the Crockpot.
2. Add 120 g of dried maize to solution in Crockpot.
3. Allow to soak overnight for 14 hrs.

COOKING MAIZE ~ 7 hrs

1. At 7-8 am the following day, turn the Crockpot to low setting (85°C).
2. Allow to cook for 7 hrs.

Revision History:

Created by Emily Johnson, Boston University: 9/2/16
Standardized by Kali Wade, Boston University: 1/25/18

References:

- Anson Mills. 2016. Handmade Mills Goods from Organic Heirloom Grains. [webpage]. URL: <http://www.ansonmills.com/>. Accessed on September 6, 2016.
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- Katz, S.H., M. L. Hediger, and L. A. Valleroy. 1974. Traditional Maize Processing Techniques in the New World. *Science, New Series* 184: 765-773.
- Waugh, F.W., 1916. Iroquois foods and food preparation. Memoir 86. In: *Anthropological Series* 12. Geological Survey, Canada Department of Mines, Ottawa.