

El Elote

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El Elote

By Estrella Diaz

In the morning, I remember waking up to the smell of my mom's homemade tortillas and my dad yelling our names, "¡Levántense ya! Estrella, Tere, y Beto!"

My family had a ranch in the valley in Huixtepec, Oaxaca, México on a mountain, where there was a hospital at the top of the mountain, and we lived right below it. We grew "mazorca" (corn), also known as maíz or "elote." It brings back many beautiful memories from my days in Huixtepec, specifically about my dad, his teachings, and guidance.

My dad made sure to teach us how to grow mazorca. I used to not like waking up early to help harvest or plant the mazorca, but I grew to like it. I realized its versatility.

Mazorca is used to make many things like tortillas, tamales, masa, pan, esquite, and more. It is perfect with some mayonnaise or limón, and adding some tortilla makes for a fuller meal.