

Banaha Bread

Makes: 6 Servings

Yes, it is Banaha and not Banana. Banaha Bread is a delicious cornmeal-based food that is great with any meal.

Ingredients

- 6 cups** water
- 4 handfuls** corn shucks (or 6 corn shucks)
- 1 teaspoon** baking soda
- 1 teaspoon** salt

Directions

1. In a large pot, bring 6 cups of water to a boil over medium to high heat.
2. Boil corn shucks for about 10 minutes. Remove carefully.
3. Strip a few shucks into strings. Tie two strings together to make longer strings.
4. In a medium-sized bowl, mix the dry ingredients.
5. Keep mixing and slowly add a little water until the mixture is firm enough to handle easily.
6. Form cornmeal mixture into 8 oval shaped balls about 3 inches long.
7. Wrap the balls in corn shucks and tie the ends closed with the corn shuck strings.
8. Gently put wrapped balls into the large pot of boiling water. The pot should be about 2/3 full of water. Cover the pot with a lid and cook for 30-45 minutes over medium to high heat.
9. Remove corn shuck covering and serve hot.

Notes



Spice up your bread with peppers, onions, and peas. It can be refrigerated and reheated in a pan or microwave oven.