



Featured Grain: - Corn Flour - Americas – North, Central, South America

Coricos Corn Flour Cookies

Recipe shared at Expo Milano 2015 – crunchy cookie with a nutty flavor

1/2 cup butter, room temperature

1 cup granulated sugar

1 egg

1 teaspoon vanilla

1 teaspoon cinnamon

1 Tablespoon orange liquor or orange blossom water), optional flavoring

1-3/4 to 2 cups organic orange corn flour (I used Professor Torbert's)

1/4 to 1/3 cup orange juice or water as needed

Orange Glaze:

3/4 cup confectioners' sugar

1-1/2 Tablespoon orange juice

Prepare Orange Glaze: Preheat oven to 350 degrees F.; line 2 large cookie sheets with parchment paper.

- In a bowl, cream butter and sugar until fluffy. Add egg, vanilla, cinnamon, and orange flavoring; mix until well combined.
- Add half of the corn flour; mix until combined; add orange juice a little at a time until combined. Then add the remaining corn flour and orange juice a little at a time until it resembles play-dough consistency. The dough should hold together, not be sticky, and doesn't crack on the edges. If it does, add a teaspoon of water at a time until desired consistency.
- Form about 1-1/2 Tablespoons dough into a ball. Shape into desired thick pencil shape any size you desired. To form big or little rings of dough; press two ends of dough slightly to close the circle.
- **Note:** The dough can be shaped to make coins, balls, thumbprints or even cut-outs. It's a fun dough for the whole family to enjoy.
- Place rings on cookie sheet lined with parchment.
- Bake in preheated 350-degrees F. oven for about 18 minutes or until slightly brown.
- Remove from oven; let rest about 5 minutes and then transfer to rack to cool.

Add Toppings:

1. Prepare Glaze: In a small bowl, stir together confectioners' sugar and orange juice until smooth.
2. Cookies can be left plain, sprinkled with confectioners' sugar, or dipped into glaze to coat the top; sprinkle with festive colored sugar.

Yield: depends on the size of cookies you decide to make.

We made 22 ring shaped cookies

Recipe Inspired by: *World Recipes; Milan Italy Expo 2015*, sharing country Mexico
For more information see: Yes-moreplease.com

About the Recipe: Originally, Corticos are from some northern states of Mexico like Sinaloa, Sonora, and Baja California. This recipe can be made into any shape and thickness that you desire. It has a crunchy texture from the corn flour and sweet earthy taste. Serve them plain, sprinkled with confectioners' sugar, or dip them in glaze. Give them a festive touch by sprinkling them with rainbow decorative sugar.

What Is Corn Four?

Corn flour and cornmeal are different products. Corn flour is usually yellow, but it can also be orange, white, or blue, depending on the variety of corn used. The texture is fine and smooth, similar to whole wheat flour. Cornmeal feels gritty, while corn flour is fine and smooth. The degree of milling determines the texture of the flour. Corn flour is a type of flour milled from dried whole corn kernels. It's considered as whole grain flour because it contains the corn's hull, germ, and endosperm.

For More Information See: <https://www.allrecipes.com/article/what-corn-flour/>