



Atole de Fresa (Strawberry Dessert Soup)

NIBBLEDISH CONTRIBUTOR

Ingredients

Here is a great tasting recipe

Serves 6, 1 cup servings

INGREDIENTS

2 pints ripe strawberries (reserve 6 for garnish)
1 1/4 cups granulated sugar
6 ounces masa harina
2 cups water
2 cups milk
1 stick canela (cinnamon)
4-5 mint leaves, dried and chopped fine or powdered hoja santa

Instructions

INSTRUCTIONS

Remove the hulls from the strawberries and wash. Cut into thin slices, place in a bowl and mix with 1/2 cup of the sugar. Stir occasionally. Puree strawberries in a blender and set aside.

Stir the masa harina into the water to dissolve; strain through sieve. In a 2-quart saucepan, heat the masa mixture, milk and canela stick. Cook over medium heat and stir continuously with a wooden spoon. When the atole thickens after approximately 3 to 4 minutes, reduce the heat to low and add 3/4 cup of the sugar and the puree of strawberries. Continue to cook for 5 minutes, stirring continuously. Add additional milk if necessary; the atole should have a slightly thick but pourable consistency. Strain into a serving bowl.

To Serve

Pour into cups. Serve as a dessert soup garnished with powdered mint and half a strawberry fanned out.
