



TAMAL DE MAICENA – Costa Rica Dessert

Ingredients:

4 cups of milk
1 stick of butter
2 1/2 cups of sugar
2 tsp vanilla
2 cups of cornstarch
2 eggs beaten

Directions:

Preheat the oven at 350F.

In a non-stick medium pot, add the milk, butter, sugar, and vanilla; bring to a boil, and reduce heat to low.

In a large bowl, add the eggs and the cornstarch and mix well. Slowly add 1 cup of the milk mixture, mixing constantly to temper the eggs. Keep adding more milk until the mixture is soft and has no lumps.

Add the mixture to the pot SLOWLY and mix constantly using a wooden spoon.

Keep cooking and mixing for a few more minutes until the mixture gets thick, you will know when it is ready when passing a spoon at the bottom of the pot creates a line that separates the mixture.

Remove from heat and pour into Pyrex or similar glass cake pan (no need to grease)

Cover with foil and cook for approximately 50 min. Remove the foil after 30 minutes of cooking to allow the top to get a light brown color. Let it cool completely before serving.

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