

Humita en Olla (Argentina)

Serves 4 · ~35–40 minutes



Photo: courtesy of Lambros

Ingredients (serves 4)

- 4 cups corn kernels (from ~6–7 ears) — or 2 × 340 g bags frozen sweet corn, thawed
- 1 large onion, finely chopped
- 2 tbsp butter (or 1 tbsp butter + 1 tbsp oil)
- 1 red bell pepper, finely diced
- 2 garlic cloves, minced
- 1 tsp paprika · 1/2 tsp cumin
- 250 ml milk or light cream
- 80–120 g grated cheese (mozzarella + a little Västerbotten/Prästost works)
- Salt & black pepper · pinch sugar if corn isn't very sweet
- Optional: chopped basil

Method

- 1 If using fresh corn, grate kernels to release the starchy 'milk'. If using frozen, pulse half in a processor to a coarse purée.

- 2 Sauté onion in butter 4–5 min; add pepper and garlic 2 min.
- 3 Stir in corn, paprika and cumin. Cook 2–3 min.
- 4 Add milk/cream and simmer gently 8–10 min, stirring, until thick and creamy.
- 5 Stir in cheese until melted. Season; add basil if using.

Serve

- Spoon into bowls as a creamy vegetarian main or side.
- Top with extra cheese, a drizzle of olive oil, and pepper.
- Lovely with salad, roasted tomatoes, or grilled mushrooms.

Notes

Adjust thickness with a splash more milk or a few extra minutes of simmering. Sweetness varies by corn—balance with a pinch of sugar and plenty of black pepper.