



Nutritious, Delicious, Wisconsin!

CORN ■ POB KWS



White Waxy Corn



Sweet Corn



Red Corn



Sticky Corn



HMooB Varieties

- Non-Sticky White Corn, Pob Kws Txuas Dawb
- Non-Sticky Colorful, Red, or Purple Corn, Pob Kws Txaij/Liab
- Sweet Corn, Pob Kws Qab Zib
- Sticky (Waxy) White, Yellow, or White and Yellow Corn, Pob Kws Nplaum
- Non-Sticky Yellow Corn, Pob Kws Txuas Daj
- Sticky (Waxy) Colorful Corn, Pob Kws Txaij Nplaum

TASTE & TRADITION



In **HMooB culture**, corn is not just a food, it's also used in cultural traditions, religious practices, and to feed livestock. Corn is traditionally boiled, steamed, or grilled and eaten off the cob. Historically, corn is one of the most important crops in HMooB life, alongside rice. Sticky corn is chewy and less sweet, and its texture is similar to rice.

RECIPE

Corn Cake Dessert (Pob Kws Ncuav)

Ingredients

- 12 ears corn (fresh or frozen)
- 1 cup rice flour
- 2 bags glutinous rice flour
- ½-1 cup of sugar

Directions

1. Grate corn into a bowl.
2. In a large mixing bowl, combine rice flour and glutinous rice flour. Mix well.
3. Add the grated corn and add sugar to the flour mixture. Stir until well combined.
4. The batter should be doughy and sticky. If it is too wet, add more glutinous rice flour a little at a time.
5. Scoop a generous spoonful of the batter onto square sheets of banana leaves or aluminum foil. Tip: If using foil, spray lightly with cooking spray to prevent sticking.
6. Shape into rectangles and fold the foil or banana leaves to cover and seal the batter.
7. Place all wrapped cakes into a steamer and steam on high heat for about an hour.
8. Remove from heat and let cool.
9. Enjoy with syrup for a sweet treat.



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