Corn Pimento Buttermilk Mold

6 small corn-pimento buttermilk molds, about 115–120 ml each · Active 25 min · Total 9 hr 30 min

Ingredients

• Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of the specified setting strength

• ¼ cup cold drinking water (60 ml)

• ½ cup pasteurized whole milk (120 ml)

• 1¼ cups pasteurized cultured buttermilk (300 ml), kept cold

• 1 cup canned sweetcorn kernels (160 g drained), blotted dry

• ¼ cup drained jarred pimento dice (40 g), blotted dry

• ⅛ teaspoon fine salt (0.75 g)

• ⅛ teaspoon black pepper

• ½ teaspoon neutral oil (2.5 ml), divided for wiping molds

Set out

Sieve and paper towels, Small saucepan, Mixing bowl and whisk, Measuring jug and scale, 6 small metal molds of at least 150 ml capacity each, Food thermometer, Cold plates, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Check the six mold capacities, dry and wipe thinly with oil. Drain and blot corn and pimento, keeping them cold. Bloom gelatin in 60 ml cold water in the saucepan for 5–10 minutes.

2. Add milk and warm over low heat, stirring, until gelatin is fully dissolved, about 120–140°F (50–60°C). Take off heat; do not boil. Whisk in 3 tablespoons cold buttermilk gradually, then transfer to the mixing bowl and whisk in remaining buttermilk, salt and pepper.

3. Refrigerate, stirring gently every 10 minutes, until lightly syrupy, usually 20–40 minutes. Fold in dry corn and pimento. Divide between molds, about 115–120 ml each, leaving below their fill lines. Place any excess in a separate small refrigerator cup.

4. Cover and refrigerate at 40°F (4°C) or below for at least 8 hours, preferably overnight, and until fully set. Allow 9½ hours total including handling and the suspension stage.

5. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Serve one small mold per side portion.

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Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Read corn, pimento, buttermilk and gelatin labels for additional ingredients and shared-equipment statements.

A useful detail

Water and dairy total 480 ml: 60 ml bloom water +120 ml milk +300 ml buttermilk. Corn and pimento add 200 g drained moist solids. Twelve grams gelatin gives a firm individual set; leaving corn liquid in the bowl would weaken it.

Keep it well

Keep covered at 40°F (4°C) or below. Use within 2 days of assembly or the earliest ingredient deadline, whichever comes first. Include the overnight setting period in that limit. Keep total unrefrigerated preparation and serving below 2 hours, or 1 hour above 90°F (32°C). Chill slices promptly after service; discard food exceeding those limits. Do not freeze; freezing damages the gel and releases water.