







We all have our food fears.



I've shared some of mine in this column: mussels, liver, lengua (tongue), sesos (brains). Here's another one: huitlacoche (whee-tla-KO-cheh). Corn "smut." Mexican truffles. Kind of like a mushroom, it's a naturally occurring parasitic fungus that grows randomly on untreated organic corn.

Why hadn't I eaten it? To begin with, huitlacoche is quite ugly and looks just like what it is: a grey, blobby parasite, an invader of pearly-yellow corn kernels. Gray is not a color food should be, and it just doesn't look appetizing to me.



