



TAMALES

EQUIPMENT:

SMALL SPOON
LARGE WOODEN SPOON
LARGE MIXING BOWL
STEAMER OR TAMALERA

INGREDIENTS:

16 OZ. COOKED BEANS
4 OZ. HHF ROASTED
TOMATO PESTO
SALT & PEPPER

4 OZ. LARD/SHORTENING
16 OZ. PRE MADE MASA
FOLLOW DIRECTIONS ON THE
MASA HARINA BAG
12-16 CORN HUSKS

METHOD:

FIRST

SOAK THE CORN HUSKS IN WATER FOR AT LEAST 2 HOURS. DRAIN THE BEANS IF THEY ARE FROM THE CAN AND PUREE ALONG WITH THE HHF ROASTED TOMATO PESTO. WE DO NOT WANT THIS MIXTURE TO BE WATERY, BUT MORE LIKE A THIN PASTE.

SECOND

MAKE THE MASA HARINA ACCORDING TO THE BAG. IT WILL CALL FOR WATER AND SALT. I LIKE TO USE HOT STOCK INSTEAD OF JUST WATER AND TEND TO ADD MORE SALT.

THIRD

USING A LARGE WOODEN SPOON, WHIP THE LARD OR SHORTENING IN A LARGE MIXING BOWL WHILE ADDING THE PRE MADE MASA IN THREE STAGES.

FOURTH

DRAIN THE CORN HUSKS AND PAT DRY. USING A SPOON OR YOUR FINGERS, SPREAD A 1/8 INCH LAYER OF MASA ON THE WIDER HALF OF THE HUSK. PLACE THE SAME AMOUNT OF THE BEAN MIXTURE IN THE CENTER OF THE MASA LEAVING A 1/2 INCH ON THE TOP AND BOTTOM. GENTLY ROLL THE TAMAL INTO A LOG. FOLD THE REMAINING BOTTOM OF THE HUSK UP ON THE OPEN FLAP OF THE TAMAL. REPEAT.



TAMALES

FIFTH

ONCE ALL OF THE TAMALES ARE DONE, YOU CAN FREEZE SOME IF YOU WOULD LIKE. FILL THE STEAMER OR THE TAMALERA WITH ENOUGH WATER TO STEAM FOR 15 - 20 MINUTES WITHOUT RUNNING OUT. STACK THE TAMALES STANDING UP WITH THE OPENINGS ON TOP FACING UP. IF YOUR STEAMER OR TAMALERA IS TOO BIG TO KEEP ALL OF YOUR TAMALES STANDING UP, YOU CAN PLACE A CUP OR BOWL IN THE CENTER OF THE POT TO TAKE UP THE EXTRA ROOM AND PROVIDE ADDITIONAL SUPPORT TO KEEP THE TAMALES ORIENTED UP WHILE STEAMING.

SIXTH

STEAM THE TAMALES FOR 15 - 20 MINUTES OR UNTIL THE MASA HAS STIFFENED AND COOKED ALL THE WAY THROUGH. ONCE COOKED, ALLOW TO COOL IN THE POT WITH THE LID OFF FOR TEN MINUTES BEFORE HANDLING. UNWRAP, SERVE HOT, AND ENJOY!

THIRD

KEEP IN MIND THAT YOU CAN STUFF TAMALES WITH ANY KIND OF FILLING. PORK, CHICKEN, AND BEEF ARE MOST COMMON BUT THERE ARE PLENTY OF VEGETABLE TAMALES THAT ARE JUST AS GOOD IF NOT BETTER IN MEXICO AND CENTRAL AMERICA.