

# **TAMALES EN HOJA DE MAIZ**

## **Tamales in Corn Husks**

Betsy Martin S/V Equinox

### ***INGREDIENTS***

#### **For Filling** 1 chicken breast

boiled in 4 c water with 1 sliced onion, 1 garlic clove, 1 celery stick, bunch cilantro, and salt then shredded (save the stock or see stock on [Recipe Page](#))  
Green sauce or red sauce or mole sauce

Optional: Pork meat boiled in the same way as the chicken and shredded or ground beef prepared or zucchini cooked with sesame seeds and green sauce

350 grams pork lard  
3 tsp salt  
2 TBS baking powder  
1 kg (2 lbs) white corn flour  
1 to 2 C chicken [stock](#)  
25 to 30 corn leaves

### ***Directions***

1. Soak corn leaves 1 to 1  $\frac{1}{2}$  hours in water and weighted down so they are covered with the water, Wring them out
2. Place pork lard in the mixer, use the paddle blade, mix till fluffy, add salt and baking powder, add harina cup by cup, when  $\frac{1}{2}$  of package has been added to the mixture add cup of chicken stock. Mix well and scrap bowl and continue adding the harina. Finish by hand, beating in another cup of chicken broth. Let stand. The mixture has to be fluffy and will fall off a spoon when held in the air when it has been mixed sufficiently.
3. Take husk, open, put spoonful of masa at the rounded end, make a slight depression in the center, add meat, spoonful of salsa, and tap on table.
4. Roll up and turn the pointed end under
5. Fill a steamer with water, put in rack, lay corn leaves on rack so water will not touch the tamales. Stand the tamales up on folded end so open end is up.
6. Cook for at least 1 hour, when you open the tamale it should easily slide off the leaves onto the plate. If it sticks, put it back in the pan for more cooking.