

TAMALES

PREP TIME: 2-4 HOURS

COOK TIME: 2 HOURS



INGREDIENTS

Masa (Dough)

- 1 bag (2kg) of Maseca Tamal Corn Flour
- 2 ½ lbs All-Vegetable Shortening
- 1 handful of Salt
- 1 tbsp Baking Soda
- 2 tbsp Baking Powder
- 10 cups of water
- 4 cups of broth
- 1 ½ package of corn husks

Filling: Sauce

- ½ tbs Oregano
- 1 tbsp Cumin
- ½ tbsp Pepper
- 4 tbsp Salt
- 1 fresh clove of garlic
- 6 Guajillo Chiles
- 3 cups of broth

Filling: Meat

- 3 lbs of meat of choice (boiled, then shredded)
- 1 clove of garlic
- 1 tbsp salt

DIRECTIONS

1. Begin by soaking 1 ½ packages of corn husks in warm water.
2. In a large pot, boil 3 lbs of a meat of choice and 1 garlic clove in approximately 12 cups of water. It is also recommended to fill the pot with water until the water levels with the pot's handles.
3. Boil the meat for 45 minutes. Make sure to save the leftover broth for other elements.
4. Soak 6 Guajillos in warm water for 30 minutes.
5. Once the meat of choice is cooked, shred it and set it aside. Make sure to save all of the broth from boiling your choice of meat and keep it in its original pot, away from a heat source in order for the broth to cool down. **Whenever a broth is mentioned in this recipe, the leftover broth produced from this step is the broth being referred to.
6. After the 6 Guajillos are finished soaking, deseed the chiles and place them in a blender with ½ tbsp of oregano, 1 tbsp cumin, ½ tbsp pepper, 3 cups of the leftover broth, and a clove of garlic. Set sauce aside.
7. In a 30-quart mixing bowl add the package of Maseca Tamal Corn Flour, 2 ½ lbs of All-Vegetable shortening, 1 handful of salt, 1 tbsp of baking soda, 2 tbsp of baking powder, 10 cups of warm water, and 4 cups of broth.
8. Knead the dough until all elements are thoroughly mixed together. It will take approximately 15 minutes to completely knead all elements. Set aside.
9. Drain all the water from the soaking corn husks and set aside to dry.
10. Place the shredded meat back into its original pot with any leftover broth.
11. Pour the blended chile sauce along with an additional 4 tbsp of salt into the pot with the shredded meat.
12. Place the meat, dough, and corn husk pile in a place where they are all accessible to each other.
13. Take a large corn husk from the pile and position it so that the triangular portion of the husk is pointing towards you.
14. Place approximately ¼ cup of dough in the middle of the husk.
15. Use soft pats on the dough to spread it across the wider, upper portion of the husk. Make sure to only spread the dough across the upper portion of the husk and leave about ½ inch of space between the dough and ends of the husk. Reference the video for a visual.
16. Place approximately ⅓ of a cup of meat on the middle of the dough.
17. Vertically fold the tamale in half so that the dough encloses the filling.
18. Take the side of the previous fold where two sides meet and slightly fold it inward.
19. As you hold Step 18 fold in place, take the bottom triangular portion of the husk, and fold it upwards. The fold should crease where the dough begins.
20. Set aside until all tamales are completed.
21. In a large pot, compatible with a steaming rack, begin to boil an amount of water that will rest slightly below the steaming rack placed at the bottom of the pot.
22. Begin to place the completed tamales upright in the pot with the opening facing upwards.
23. When all tamales have been placed, cover the large pot with a lid.
24. Cook for two hours on medium heat. Make sure to continually add 1-2 cups of water every 30-45 minutes.
25. When finished, the tamales should be firm and moist. Many times excess dough may be left.

Store in the refrigerator for up to a month or in the freezer for up to 3 months. Fillings are not limited to meat. You could use mozzarella cheese and pickled jalapeños or refried beans as