



Sweet Tamales (Tamales Dulces)

Gabe Garcia, Little G's Treats

Country: Mexico

Yields approximately 29 tamales

Ingredients:

- 1 package dried corn husks
- 4 cups masa harina for tamales
- ½ cup granulated sugar
- 1 tablespoon baking powder
- 1 cup vegetable shortening or lard
- 1-2 teaspoons of Mexican vanilla
- 3 cups warm water
- 8-10 drops of red food coloring
- 1 cup raisins

Cooking Utensils:

- Steamer pot
- Large pot or bowl
- Mixing bowl
- Spatula
- Spoon
- Measuring cups and spoons
- Stand or electric mixer (optional)

Masa Instructions:

1. Fill a large pot or bowl two-thirds full with warm water. Add the dried corn husks to water and allow to soak to loosen for 30 minutes. The husks will float so add something heavy to the top to weigh them down.
2. Measure dry ingredients (masa harina, sugar and baking powder) into a large mixing bowl or stand mixer bowl.
3. Melt shortening/lard in the microwave or on the stovetop until liquid.
4. Add melted shortening and vanilla to the dry ingredients bowl.
5. Start adding warm water, one cup at a time and mix until it's similar to Play-Doh. You may need more or less water. You should be able to squish the dough without it cracking or sticking to your hand. If it cracks, add more water. If it sticks, add a little more masa harina.
6. Add red food coloring and mix until the masa is pink in color.
7. Add raisins and mix until evenly distributed.

Tamale Assembly:

1. Add about 3 cups of water to the steamer pot (or large pot with a lid and strainer inside





- just make sure the tamales don't touch the water) and turn on the heat to medium.
- 2. Set a softened corn husk on a flat surface with the smooth side facing up, with the wide end facing you and the narrow end pointing away from you. Starting at the wide end of the husk spread about a $\frac{1}{4}$ cup of masa with a spoon, spatula or your hands from edge to edge and about two-thirds of the way up the husk. You should have a rectangle about $\frac{1}{4}$ - $\frac{1}{2}$ inch thick.
- 3. Fold over one side of the husk over the filling, then fold the other side to cover completely. You may have to pinch gently to bring the masa together.
- 4. Fold up the tapered end of the husk without masa and place in the steamer pot with the wide end facing upwards.
- 5. Cover with leftover corn husks and cover with the lid. Steam over medium heat for 45 minutes to an hour. The masa should feel firm and remove easily from the husks.

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