

CULINARY DISCOVERY PAVILION

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MidwestLiving
A DOTDASH MEREDITH BRAND

PORK/CHICKEN TAMALES

Recipe by: Arturo Reyes

Country: Mexico

FILLING

Ingredients

- 1.5 lb. pork or chicken meat
- 2 pcs of ancho peppers
- 3 pcs guajillo peppers
- 1 pc garlic clove
- 1/4 cup onion
- 1/4 tsp. dried oregano
- 1/4 tsp. cumin
- 2 or 3 cups water (enough to cover the meat)
- Salt to taste

MASA

Ingredients

- 4 cups corn flour
- 3 cups warm water or (chicken stock)
- 1 cup lard
- 2 tsp. salt
- 1 TBSP baking powder

INSTRUCTIONS

1. Boil water with garlic, onion, and salt. Once the meat is cooked, let it cool down, shred it, and set it aside. In a pot, boil chilies with garlic, onion, oregano, and cumin for 10 minutes. Remove the solids and blend them with some of the water used for boiling. Add the water gradually to achieve the desired texture.
2. Wash the corn husks and soak them in warm water to soften. Drain well.
3. Spread about 2 oz. of the masa on each corn husk, forming a thin layer. Place the filling you prepared earlier in the center of the husk. Fold the left and right sides of the husk over the filling, then fold up the bottom end to close the tamale.
4. Place the tamales in a steamer and cook for about 1 1/2 hours. They are ready to eat when the masa comes away from the husk easily.

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MUSIC FESTIVAL**

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