

WORLD FOOD & MUSIC CELEBRATION!

Tamales

Chef Angelica Tejeda

Ingredients

7-8 pounds pork shoulder roast (trimmed)
1 whole chicken
garlic cloves as desired
onion slices as desired
1-2 packages corn husks
2 ½ cups corn oil, divided
9 tablespoons chili powder, divided
3 tablespoons ground cumin
6 tablespoons garlic powder, divided
5 tablespoons salt, divided (kosher recommended)
1 tablespoon ground pepper
2 pounds corn masa
3 tablespoons paprika
1 tablespoon whole cumin seed

Instructions

1. The night before assembling the tamales, cook meat. Cut the pork roast into 5 or 6 large chunks. Place in large pot and cover with water. In a second pot, place the whole chicken and cover with water. Add garlic cloves and onions if desired to each pot. Bring each pot to a boil. While meat is cooking, submerge corn husks in water to soak for at least 2 hours until soft and pliable.

Cook time: chicken – approximately 2 hours, pork roast – approximately 2.5 hours. Let cool in liquid, place pots in refrigerator overnight.

2. The day you assemble, remove meat from pots and set aside. Discard fat from the chicken and pork pots. Combine and set aside the remaining liquid. This is your stock. Remove skin from chicken, debone and shred. Shred pork removing as much fat as possible. Combine both meats in a bowl.
3. In a small pot, combine ½ cup oil, 6 tablespoons chili powder, 3 tablespoons ground cumin, 3 tablespoons garlic powder, 2 tablespoons salt and 1 tablespoons ground black pepper. Heat to just warm. Add to the meats, kneed until meat and spices are fully infused.
4. If possible, use a large mixer with a dough attachment and combine corn masa, 3 tablespoons paprika, 3 tablespoons salt, 1 tablespoon whole cumin seeds, 3 tablespoons chili powder, 3 tablespoons garlic powders. Mix well. Add 2 cups of corn oil. Next add up to eight cups of stock (a little at a time). Knead or mix thoroughly after each addition of liquid. The consistency should be similar to thick peanut butter. Do not let it get too thin.

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Assembly

1. Drain corn husks and unroll. Hold one and using a silicon spatula smear approximately $\frac{1}{4}$ cup masa dough onto husk, covering $\frac{2}{3}$ of the husk toward the wide end. Leave some of the husk at top without dough on it. Squeeze a palm of meat into the middle of the husk. Roll from the bottom end up so the dough encircles the meat and the roll finishes at the end of the husk with no dough. Fold the narrow end up against the tamale. Set it on the counter with the tail down, so it doesn't unroll. Repeat until all your tamales are rolled.

Steam Tamales

1. Using a large pot with a steaming basket, fill the pot with water until nearly touching the bottom of the basket. Fill basket with tamales (standing on end) and lower into the steam. Steam for at least 2 hours, checking water level occasionally. Test the tamale to ensure the dough is completely cooked. If dough is still gooey and raw, continue to steam for an additional 30 minutes or until dough is cooked. Your tamales are done!

Kitchen Notes

- Leftover tamales can be wrapped and frozen.
- To thaw cooked tamales, wrap in a damp paper towel and place in microwave.