

# Tamale Recipe

MEAT FILLING FOR TAMALES – Makes approx. 2 dz.

1 ¼ lb. Ground pork meat  
¾ lb. Ground beef (ground sirloin is good if you can find it)  
1 tsp. Crushed chilis  
2 tsp. Salt  
2 ¼ tsp. Chili powder  
1 tbsp. Masa Harina  
1 clove fresh garlic  
½ tsp. White black pepper  
½ tsp. Whole comino seeds  
2 ½ oz. Water

Begin by browning the meats together in a large pan on medium heat with lid on.

Combine the crushed chilis, salt, chili powder and masa harina together in a small bowl. Set this aside while you stir the meat well.

While meat is browning, place the garlic, black pepper, and comino seeds into the grinding (molcajete) bowl. Grind vigorously with the rock grinder (tejolote).

**NOTE: If your grinding tools are new, you will want to prep them by grinding some plain white rice (not minute rice) and / or some dry corn kernels. This will fill the un-even surfaces of the tejolote and molcajete since they are made of stone. Be sure and rinse well before grinding anything you plan on eating.**

Add the ground spices to a bowl with 2 ½ cups of water and stir well. Pour this mixture into the dry ingredients and mix well.

Add this new combination of ingredients into the meat and mix well until it has an even consistency.

Let the meat continue to cook for about 15 minutes, stirring once or twice until done.

## PREPARATION OF MASAS FOR TAMALES

2 ½ cups masa harina  
2 tsp. Chili powder  
2 tsp. Salt  
¼ cup pure lard  
1 cup boiling water  
1 cup hot water

Combine masa, chili powder, and salt well. Melt lard in microwave for about 2 minutes, then add it to the boiling water.

Now make a depression in the masa and slowly start pouring the boiling water into it, mixing as you pour. To bring the masa to its proper consistency, slowly pour in the warm water until all the dry masa is thoroughly mixed and is at the consistency you want (Use a large fork or spoon to initially mix, then use your hands to get the desired consistency). The color of the masa should be a light shade of orange.

## PREPARATION OF HUSKS

Soak husks for one hour, then clean, cutting them so they are about 5 inches in width from side to side. Allow the husks to drain.

You are now ready to start the final procedure.

## FINAL PROCEDURE

1 hand tortilla presser (available at most Mexican grocery stores)  
1 thin plastic bag  
1 pan warm water

Place plastic bag inside the presser and place the husk on top of plastic bag. Now place a small ball of masa (approx 2 tbsp.) near the top of the husk and wet the ball lightly with the tip of your fingers and the warm water.

Now push down on the tortilla presser, then lift up. The masa should be well pressed to the husk and leaving approx. 2-3 inches with no masa from the bottom of the husk, which permits the tamale to be rolled up securely. Continue this procedure until all the masa is used. You are now ready to begin filling the tamales.

### FILLING THE TAMALES

Use approx. 1-2 tbsp. Of meat, depending on how “meaty” you want your tamale. Roll the husk sideways to cover the meat until the masa & husk overlap.

Fold the end up to secure it in place, now your tamale should only be open at the top. You are now ready to begin cooking the tamales.

### COOKING THE TAMALES

Place tamales in a pan or cooker which is capable of holding the tamales above the surface of the water in the bottom of the pan or cooker (you will need steam to cook these).

Arrange tamales in a way to allow steam to circulate well. If using a regular steamer, place a wet dishtowel over the tamales, then cover pan with the lid.

Begin with a high heat level, then reduce to medium until you hear the water boiling. Cook at this level for approximately 30 minutes. The tamales are done when you are able to easily separate the husks from the masa and there is no “doughy” appearance.

Enjoy!