

# Tamale Masa, Chicken Filling & Tamale Assembly Guide

## Tamale Masa Dough

Ingredients:

- 3 cups masa harina
- 2-2.5 cups warm chicken broth
- 1 cup whipped lard or vegetable shortening
- 1.5 tsp baking powder
- 1.5 tsp kosher salt

Directions:

1. Whip lard until light, fluffy, and pale.
2. Combine masa harina, baking powder, and salt.
3. Slowly add dry mix to lard while mixing.
4. Add broth gradually until masa is soft and spreadable.
5. Test: A small ball of masa should float in water.

## Chicken Salsa Verde Filling

Ingredients:

- 2 cups cooked shredded chicken
- 1 cup salsa verde
- Salt to taste
- Optional: sautéed onions or roasted chiles

Directions:

1. Warm shredded chicken in a skillet.
2. Stir in salsa verde until evenly coated.
3. Simmer 5 minutes and adjust seasoning.



## Preparing Corn Husks

Method:

1. Place dried corn husks in a large bowl or pot and cover with hot water.
2. Soak for 30–45 minutes until soft and pliable.
3. Separate husks, removing any with tears (reserve small torn ones for tying strips).
4. Pat dry and keep covered with a damp towel until ready to use.

## Assembling the Tamales

Method:

1. Lay a softened husk flat with the narrow end at the top.
2. Spread 2–3 tablespoons of masa across the wider lower portion, about 1/4-inch thick.
3. Add 1–2 tablespoons of chicken filling in a line along the center.
4. Fold one side of the husk over the filling, then fold the other side over to overlap.
5. Fold the narrow top end downward to close the tamal.
6. Optional: Tie with a thin husk strip for secure sealing.

## Steaming the Tamales

Method:

1. Fill a steamer pot with 1–2 inches of water, ensuring water does not touch the tamales.
2. Place tamales upright, open-end facing up, packed snugly but not tight.
3. Cover the pot with a lid wrapped in a kitchen towel to prevent condensation.
4. Steam for 60–90 minutes, checking water level occasionally.
5. Tamales are done when the masa pulls away cleanly from the husk.

## Serving the Tamales

- Serve warm with Salsa Roja drizzled over the top.
- Pair with a mug of warm Champurrado for a traditional experience.
- Tamales can be refrigerated for 4–5 days or frozen for up to 6 months.

## Chef Ron's Notes

- Masa should be soft and whipped until airy.
- Filling should be flavorful but not runny.
- Steaming time varies—always test one before removing the batch.