

Savory Tamales with Salsa Verde

Chicken Tamales:

Ingredients for the Filling:

1 pound boneless, skinless chicken thighs

1 onion, chopped

2 cloves garlic, minced

1 teaspoon cumin

1 teaspoon chili powder

Salt and pepper to taste

2 cups chicken broth or water

Ingredients for the Tamale Dough:

3 cups masa harina (corn flour for tamales)

1 cup vegetable shortening or lard

1 teaspoon baking powder

1 teaspoon salt

2 cups chicken broth (reserved from cooking the chicken)

Instructions for the Filling:

Place the chicken thighs, chopped onion, minced garlic, cumin, chili powder, salt, and pepper in a pot.

Pour in the chicken broth or water and bring to a simmer. Cook for about 20-25 minutes or until the chicken is cooked through.

Remove the chicken from the pot, shred it, and set it aside. Reserve the cooking liquid for the tamale dough.

Instructions for the Tamale Dough:

In a large bowl, beat the vegetable shortening or lard until it becomes fluffy.

In a separate bowl, mix the masa harina, baking powder, and salt. Gradually add this dry mixture to the beaten shortening, alternating with the reserved chicken broth. Mix until a soft, spreadable dough forms.

Assembling the Tamales:

Spread a thin layer of the tamale dough onto soaked corn husks (you can find these in most grocery stores) using the back of a spoon.

Place a spoonful of the shredded chicken in the center of the dough.

Roll the tamale and fold the bottom up.

Stack the tamales in a steamer and cook for about 1 to 1.5 hours until the dough is cooked through.

Salsa Verde:

Ingredients:

6 tomatillos, husked and washed

1/2 onion, chopped

2 cloves garlic

1 jalapeño pepper

1/2 cup cilantro leaves

Juice of 1 lime

Salt to taste

Instructions:

In a pot of boiling water, cook the tomatillos, onion, garlic, and jalapeño until they're soft, about 10-15 minutes.

Transfer the cooked ingredients to a blender, add the cilantro, lime juice, and salt.

Blend until smooth.