

# Today in **Hispanic Kitchen:** Tamales!

**Tamales are tasty!**

A tamale, in Spanish "tamal," is a traditional Mesoamerican dish made of "masa," a dough made from nixtamalized corn, which is steamed in a corn husk or bannana leaf.

The wrapping can either be discarded prior to eating or used as a plate. Tamales can be filled with meats, cheeses, fruits, vegetables, herbs, chilies, or any preparation according top.

 

Tamale is an anglicized version of the Spanish word tamal (plural: tamales). Tamal comes from the Nahuatl tamalli. The English "tamale" is a back-formation of tamales, with English speakers interpreting the -e- as part of the stem, rather than part of the plural suffix -es.

# How to make them?

**Step 1:** Search for the recipe online.

**Step 2:** Read it and understand nothing about it.

**Step 3:** Try anyways.

**Step 4:** F%\*$ it all up.

**Step 5:** Realize you can't do it because you are an idiot sandwich that will accomplish nothing in life.

**Step 6:** Go to the nearest Cuban restaurant and enjoy good "tamales".

**Step 7:** Realize your Abuelita's tamales are better but you still enjoy the restaurant's anyways.

**PS: Based on lived experiences from the auithor.**

# Conclusions

***Tamales are love, tamales are life.***

# Wanna know more about tamales?

Click here!

[Google](https://en.wikipedia.org/wiki/Tamale)