

# Tamales



## Instructions

### (chile con carne)

1. Sift flour and pour into a 1 gallon storage bag. Trim fat from meat and add to the bag of flour. Shake until evenly coated.
2. Heat oil in a large skillet and brown meat and onions.
3. Add all the other ingredients and cook over very low heat for one hour of until meat is tender.

### (corn meal)

1. Whip the lard and salt until light and fluffy.
2. Add corn flour, baking soda and warm water; mix together well. Add more water if necessary to make dough sticky.

## Ingredients

- 2 lb pork loin (cubed)
- 2 tbsp flour
- 2 tbsp cooking oil
- 2 cups red chili sauce
- 1 onion chopped
- 1 tsp salt
- 1 tsp oregano
- 1 tsp cumin
- 1 garlic clove minced
- 24 pack corn husks

## Ingredients

- 1 cup lard
- 1 tsp salt
- 5 cups masa corn flour
- 1 tbsp baking soda
- 1 cups very warm water

## **(assembly 2 - 3 dozen tamales)**

Soak corn husks in warm water until they are soft and pliable. Spread a 1/2 inch layer of corn meal mixture onto each corn husk. Spread 1 - 2 tablespoons of chile con carne mix down the center of the corn husk. Fold the two sides together, then the top and bottom. Prepare steamer pot by inserting steam rack and about 1 inch of water. Stand tamales on end and stack them close together so they don't come unwrapped. Cover and steam over medium heat for one hour, adding water periodically.

