

Real Homemade Tamales



I had been looking for a Tamale recipe for years. One day I went to the international market and stood in the Mexican aisle till a woman with a full cart came by. I just asked her if she knew how to make Tamales. This is her recipe with a few additions from me. The pork can be substituted with either chicken or beef. This is great served with refried beans and a salad.

Prep: 35 mins

Cook: 3 hrs

Total: 3 hrs 35 mins

Servings: 16

Yield: 16 tamales



Ingredients

Tamale Filling:

- 1 ¼ pounds pork loin
- 1 large onion, halved
- 1 clove garlic
- 4 dried California chile pods
- 2 cups water
- 1 ½ teaspoons salt

Tamale Dough:

- 2 cups masa harina
- 1 (10.5 ounce) can beef broth
- 1 teaspoon baking powder
- ½ teaspoon salt
- ⅔ cup lard
- 1 (8 ounce) package dried corn husks
- 1 cup sour cream

Directions

Step 1

Place pork into a Dutch oven with onion and garlic, and add water to cover. Bring to a boil, then reduce heat to low and simmer until the meat is cooked through, about 2 hours.

Step 2

Use rubber gloves to remove stems and seeds from the chile pods. Place chiles in a saucepan with 2 cups of water. Simmer, uncovered, for 20 minutes, then remove from heat to cool. Transfer the chiles and water to a blender and blend until smooth. Strain the mixture, stir in salt, and set aside. Shred the cooked meat and mix in one cup of the chile sauce.

Step 3

Soak the corn husks in a bowl of warm water. In a large bowl, beat the lard with a tablespoon of the broth until fluffy. Combine the masa harina, baking powder and salt; stir into the lard mixture, adding more broth as necessary to form a spongy dough.

Step 4

Spread the dough out over the corn husks to 1/4 to 1/2 inch thickness. Place one tablespoon of the meat filling into the center. Fold the sides of the husks in toward the center and place in a steamer. Steam for 1 hour.

Step 5

Remove tamales from husks and drizzle remaining chile sauce over. Top with sour cream. For a creamy sauce, mix sour cream into the chile sauce.

Nutrition Facts

Per Serving:

236 calories; protein 9.1g; carbohydrates 12.6g; fat 16.6g; cholesterol 36.8mg; sodium 401.4mg.

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