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## TAMALE RECIPE

### Recipe

Preparation and cook time 60 minutes  
Chicken Tamales  
Yields: approx. 25 tamales

### Ingredients

6 Cups Maseca Corn flour for tamales  
1 can chicken broth (48 oz.)  
1 cup vegetable corn oil  
2 tsp. salt  
1 1/2 tsp. baking powder  
2 Large rotisserie chickens (cooked)  
1 can Las Palmas chile sauce (28 oz.)  
1 bag corn husks (shells)

### Instructions

**Soak** the corn husks in warm water until soft.

**Blend** with an electric mixer, Maseca, corn oil, salt, baking powder and chicken broth to obtain a consistent mixture.

**Shred** the chicken and marinate in the chile sauce.

**Spread** masa evenly over corn husks, and spread a spoonful of marinated chicken on top of the masa.

**Fold** the sides of the corn husk to center over the masa so that they overlap to make a long package. Fold the empty part of the husk under so that it rests against the side of the tamale with a "seam."

**Place** the tamales in a steamer and cook tamales for 35-40 minutes. Check every 20 minutes.

**The tamale** is cooked when it separates easily from the corn husk.

### Receta

para 60 minutos  
Tamales de Pollo  
Rinde aprox. 25 Tamales

### Ingredientes

6 Tazas Maseca harina de maiz para tamal  
1 Lata Caldo de Pollo (48 oz.)  
1 Taza Aceite de maiz  
2 Cucharaditas Sal  
1 1/2 Cucharaditas Polvo para hornear  
2 Pollos rostitados grandes  
1 Lata de salsa de chile Las Palmas (28 oz.)  
1 Bolsa Hojas de maiz (concha)

### Manera de Hacerla

**Ponga** a remojar las hojas de maiz en agua caliente hasta que queden suaves.

**Mezcle** con una batidora electrica, Maseca, aceite, sal, polvo para hornear y el caldo de pollo, hasta formar una masa consistente y uniforme.

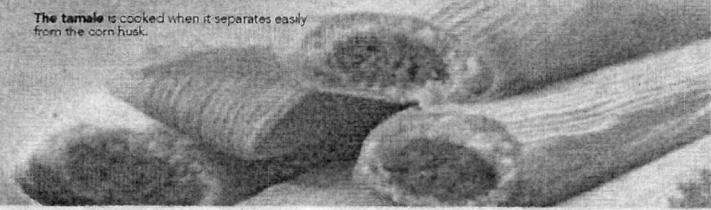
**Desmenuce** el pollo y pongalo a marinar en la salsa.

**Tome** la hoja de maiz, unte la masa y unte una cucharada de pollo marinado sobre la masa.

**Doble** al centro los lados y uno de los extremos de la hoja de maiz, envolviendo la masa y carne.

**Coloque** los tamales parados sobre la base del extremo doblado, en una vaporera y cocine durante 35 a 40 minutos. Reviselos cada 20 minutos.

**El tamal** esta cocido cuando se despegue de la hoja facilmente.



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Jenny J., Rancho Cordova*

## Tamales for Kids

*Chef Traci Des Jardins' favorite recipe to make with her 7-year-old son, Eli.*

*These are fun to make with your kids, and they enjoy them all the more for doing so.*

*(Makes 12 tamales.)*

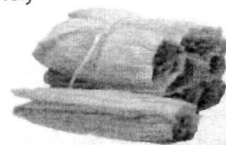
### Ingredients:

- 36 corn husks, soaked in warm water until soft
- 1 pound fresh prepared masa ("masa preparada" already contains baking soda and fat for making tamales. This can be purchased at Mexican markets.)
- 1/2 pound jack cheese, cut into 1/2-inch-by-2 1/2-inch strips
- 1 cup refried beans (optional)

Place the corn husks into boiling water and then weight down with a plate or lid to submerge completely – they will need to soak for a couple of hours or overnight.

### To make the tamales:

Tear some of the corn husks into strips – you will use these to tie the tamales (kitchen string may also be used). Open up a corn husk, and place a generous spoonful (kitchen spoon, about a 1/4 cup) of masa down onto the husk and spread to form a 3-inch-by-2-inch rectangle. Place a tablespoon of beans (optional) and a strip of cheese in the center. Roll the masa over the cheese and beans to completely cover and close the corn husk. Fold the ends over and tie to close securely with the corn husk strip or with the kitchen string. Continue this process until you have 12 tamales.



### To Cook:

Place a steamer on the stove top. Line the steamer colander with the remaining corn husks, bring water to a boil and then turn down to a gentle simmer. Place the tamales into the steamer and cook for one hour. These can be served plain for the children or garnished with a little mild salsa fresca. For adults, they may be served with your favorite salsa and a little crema (sour cream).

finicky eaters to eat more nutritiously is to disguise their meals by chopping their favorite foods up and adding chard or spinach, which doesn't have a lot of flavor. Wraps and burritos are also really good because if kids can't see or identify a potentially offensive ingredient, then chances are, they'll eat it. But the key is to keep trying different foods. Kids have good palates – better than we often give them credit for – and, if given enough choices, a child is eventually going to like something that's healthy. ♦

Tiffany Carboni is a freelance writer living in Pacifica. While not always competent in the kitchen, this mother of two enjoys the help her kids provide during her best attempts at making dinner.

### (III) Make the Tamales

| Make Tamales

OK, you gathered the equipment, you went shopping with the shopping list, you cooked the meat, and you saved the broth. You are now ready to become part of an elite group of cooks who have the knowledge, the tools, and the talent to make tamales.

Now, for those of you who did not follow the part II instructions which clearly said to save the meat broth (you know who you are). . . your tamales are not going to taste as good as the people who did follow the instructions, and did save the broth. You will see that the instructions were clearly marked In Color to help you remember. Now, I know you are out there, you people who did not save the broth. There is not much I can do for you at this point. OK, if you forgot to save the broth, you can use canned chicken broth in the recipe below, but next time You will be glad you did.

OK, enough of the chit chat. This is where we get down to serious cooking. Today is Tamale Day!

#### A) Make the Masa Dough Mix:



Start with 2 lbs. of the Masa flour. It comes in a 4 lb bag, use half of it. Now, skim the fat off the broth that you saved from the Pork and Chicken we made earlier. Throw the fat away, and save the broth. Warm the broth from the pork and chicken up. Don't get it hot, just nice and warm.

Now put the 2 lbs. of Masa in a large bowl. Add the following dry spices to the Masa:

- 3 Tablespoons paprika
- 3 Tablespoons salt
- 1 Tablespoon cumin seeds
- 3 Tablespoons Gibhardt's Chili Powder
- 3 Tablespoons garlic powder

Mix the spices above into the Masa until it is completely incorporated. Mix well, as you don't want a clump of spices in a tamale.

Now add:

2 cups of Corn Oil

to the Masa and Spice mixture. After



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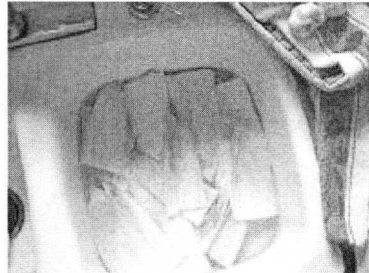
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adding the oil, begin to slowly work in 2 quarts of the warm chicken/pork broth, about a cup at a time. Work the mixture with your hands to make dough. Slowly add the warm broth one cup at a time as you continue to work the mixture with your hands. If it is too dry, add enough warm water to get it right for spreading. It should be about like thick peanut butter. If it is too thin add more Masa, if it is too thick, add more broth or warm water. Thick peanut butter is the consistency you are trying for.

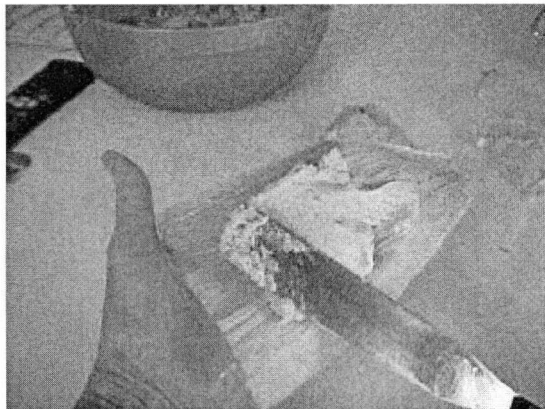


## B) Prepare the Corn Shucks

Soak the shucks in a sink full of warm water for about 2 hours. You will need to carefully separate them when they get soft. Try to not tear or damage the corn shucks. It is easier to make the tamales if the shucks are in one piece.

## C) Build the Tamales

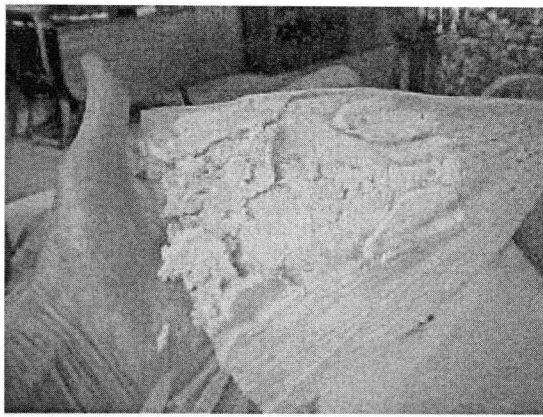
After the corn shucks are soft, take some of them out of the water, shake the water off, lay them on the counter on a towel. For clarity now, we will present a series of pictures with the instructions so you can see just how the tamale is built (Click on Picture Thumbnails for an enlarged View):



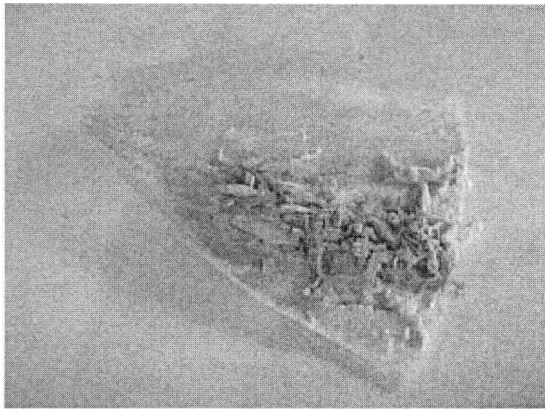
Pick up a shuck, lay it across the palm of your hand with the small end toward your fingers. scoop up about 1/2 c of the Masa dough with a spatula, and then smear it on the shuck.

Cover about left 2/3 of the shuck

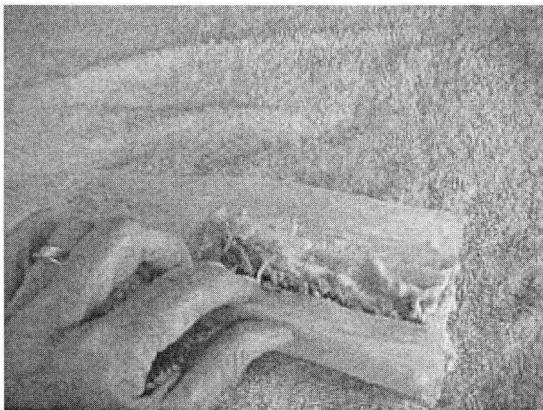




with Masa, leave 1/3 on the right uncovered. Similarly, cover the bottom 2/3 of the shuck, and leave the top 1/3 uncovered. The picture will help you see what we are trying for here. You need to leave the top and side uncovered so you can fold it up later. Now, go to the next shuck and do the same, laying them out on the counter as you put the masa on them. I like to do 5 or ten at a time like this.



When you have covered 5 to 10 of the shucks with Masa, it is time to add the meat. Take about 1 tablespoon of meat, and lay it on the masa about 1 in. from the left edge.

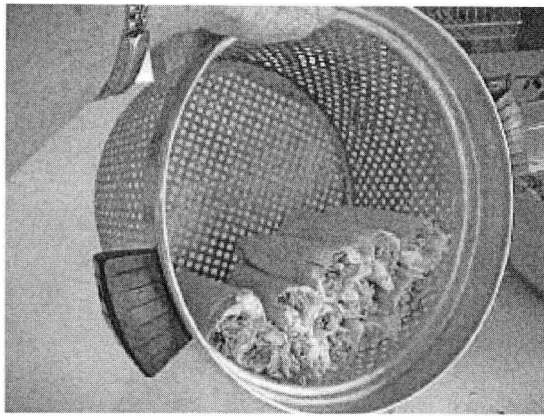


Starting on the left side (the side where the Masa dough goes all the way to the edge), roll the tamale all the way to the right edge. Now, fold the top of the shuck over like an envelope and lay tamale on the counter with the fold on the under side. Roll the next one the same until all your shucks with masa on them are rolled.



Now, get more shucks and put masa on them the same way. Then roll the meat in them. Keep doing this until all the tamales are built. You will have about 4 dozen or more.

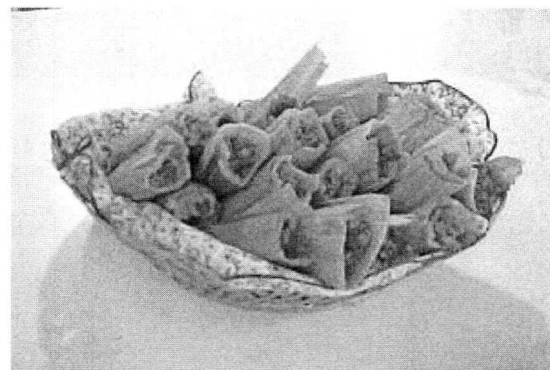
## D) Cook the Tamales



To cook the tamales, You need a very large pot that has something in the bottom to keep the tamales out of the water while they steam (the steamer we use is pictured on the tamale ingredients page) . Add about 3 pints of water to the pot, then start stacking the tamales upright until full. The envelope end of the tamale will be on the bottom, the open end of the tamale should be on top, as pictured at left. Continue to fill the pot. The tamales need to pack tight enough that they do not fall over and begin to unfold.

Cover the pot, and bring the water to a boil and then reduce heat to medium low and cook for at least 2 hours. Check water several times and add more if it is getting low, you DON'T want to boil it dry. Please note . . . those of you who forgot to save the chicken broth will probably be the ones to boil the tamales dry. I think you know who you are. Anyway, for the rest of you, Add more water as you need to. When done, take one tamale out and leave it on the counter for about 5 minutes to test. Unwrap it and it should be firm, with no raw masa. When done, remove all the tamales and let them cool on the counter, then put in bags for the freezer, 6 to a bag. If you have one of those Vacuum sealers, those are ideal. You can save the tamales in the freezer indefinitely if they are vacuum sealed. If you use zip lock bags, they will stay for up to a year in the freezer.





**Congratulations! You are now part of the few, the proud, the tamale cooks. You will notice that your life will be instantly different. You will be popular. People will invite you over. As you walk up to a crowd of people, you will hear someone say, "Isn't that the Tamale cook?" Yes folks, your simple life will never be the same. You have arrived. Please remember to be kind to the little people.**



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**This site is dedicated to the Loving Memory of Goya Pina, who taught me how to cook tamales, and many other delicious Mexican Food dishes. She died in 1998 at the age of 78.**

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