Tamales

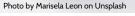




10-12 Tamales



- ½ pound masa harina
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup vegetable shortening
- 1 cup warm chicken broth
- ½ pound cooked chicken, shredded
- ½ cup green chili sauce
- 10-12 banana leaves (8"x10"). soaked in warm water
- String



DIRECTIONS

- 1. In a large bowl, combine masa harina, baking powder, and salt.
- 2. Gradually add vegetable shortening, mixing until well incorporated.
- 3. Slowly add warm chicken broth, mixing until a dough forms.
- 4. Mix shredded chicken with green chili sauce in a separate bowl.
- 5. Spread a layer of masa on the banana leaf, leaving room for the filling.
- 6. Add a spoonful of the chicken filling to the center of the masa.
- 7. Fold the sides of the leaf over the filling to enclose it.
- 8. Tie the tamale closed with string.
- 9. Place the tamales in a steamer basket for 1-2 hours, or until the masa is cooked through.
- 10. Serve the tamales in the leaves, hot.
 - 11. Open the leaves & discard and eat your favorite toppings, such as salsa, guacamole, or sour cream.
- Be patient! The key to good tamales is slow, steady steaming.