

Tamales



10-12 Tamales



2-4 hours



INGREDIENTS

- 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

Photo by Marisela Leon on Unsplash

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.