

Small Batch Tamales

Servings 30-36

Read this recipe through then make a list then read again.

Red chile Tamales:

10 dried pasilla chile

20 dried chile guajillos or 15 dried Anaheim long

Green Chile Tamales:

1 303 canned Hatch Green Chiles, Roasted and Peeled Whole or

Fresh, approximately the same number and types of chiles above roasted and peeled. I do mine over the BBQ grill

2-3 # pork loin or other reasonably priced pork or beef roast

Lard or shortening -- LEFT OVER TURKEY!

4 cups dry masarina (instant corn masa mix)

1 cup lard or shortening (combo works well)

3 cups Chile/broth

1/2 to 1 tsp Salt (less if using dried bouillon)

Dried Corn Husks, 1 bag is generally enough for 5 doz. Unfold and remove corn silk and dusts while dry.

Action 1-Red Chile (*actions 1-3 can be done ahead, freezes well*)

While dry, remove the stems from the chiles and shake out the seeds and put dried chiles aside. When this task is finished rinse the chiles to remove dust. Then put all the chiles in a large pot and cover with warm water and 1/2 cup vinegar, a half onion and several garlic cloves. Bring to a boil make sure the chiles are submerged. Let cool then separate chile juice and place in a stain resistant bowl this juice will be used for cooking the meat and refrigerate for the masa. The chile is then pressed through a sieve to remove skins and release the pulp.

Action 1-Green Chile

Use half the chiles in the masa and the other half cut into "rajas" slices about 1/2" x 2" for interior filling. The chiles can be roasted anything they are in abundance and peel and freeze for later use or this can be a day ahead preparation.

Action 2

Cut the roast into 6-8 large chunks; brown off meat in a large pan or thick based pot; add some coarsely chopped onions and cover with chile juice; cover and cook until very tender approximately 45-60 minutes. The meat should be able to be pulled apart with two forks. Set aside. Or

Using leftover Turkey, pull chunks apart so they are in thin strips also about 2" long. You will use approximately 1.5 oz meat for each tamale

Action 3

Making the sauce and meat mixture. Sauté an onion and three garlic cloves until translucent and caramelized then add the chile puree and adjust the liquid to make a sauce the consistence of good mole.

Action 4.

Making masa **Fresh**—order from a Mexican bakery or tortilla factory for pick up the day you make them. I buy “sin prepara” as I like adding my own leavening, salt, and flavors: or use Instant **Corn Masa Mix**--the recipes on the bag are good proportions. I add broth and finely chopped chiles instead of water. I use the dry masa most often because it gives me maximum time flexibility.

Combine dry ingredients--4 cups masarina baking powder and salt unless package suggests soda. Add to creamed fat or melt the fat and alternate adding to dry ingredients while mixing with 3 cups cold broth and 1 tsp baking powder and whip until all ingredients are well mixed. The test that it has been beaten enough is that a small pinch of dough will float in cold water--very important step. Masa should spread easily onto the cornhusks with a spatula. It is important to prepare the masa last. Using old masa will not be as good plus it dries out quickly.

Putting the tamales together...Combining and cooking the tamales

Steps and order of bowls:

1. Husks drain and try to use husks that are the same size by cutting large ones and combining small ones. My measure is my hand with fingers spread out which is 7"x 7" the finished tamal will be approx. 2.5" x 3.5 "When using 2 leaves to make the desired size, put masa at the seam to stick them together.
2. Masa spread from the middle to within 1/2 inch of the top and fold in thirds (for even sized tamales, #20 scoop or approx. 1/3 cup) then add
3. Sauce and meat mixture add to the middle third top of the square
4. Fold
5. Steamer

Steam over 2-3 inches of water in a large pot (a spaghetti pot is ideal, and I have also used Chinese bamboo steamers). My preferred method is to stand the tamales up with the folded side down and the open end at the top. Make sure the pot does not dry out. They should steam for 45 minutes. I generally turn the temperature down after a few minutes. They are ready when the internal temperature is 180 degrees Fahrenheit. This recipe was 1 3/4 steamer batches.

I quantified this recipe for my daughter Irene while she was living in Boston. This recipe can be made in a spaghetti pot with steamer basket. Some folks would use enchilada sauce. I would not, instead use Red Chili in a can, you can also use plain chile powder,. Sauté it with lots of onions and make a paste with broth.

From the Recipe Files of Dr. Elsa Ramirez Brisson, RD and Food FUNdamentals.