

Tamales

Prepare the Cornhusks

1. Separate 5 dozen husks
2. Cover the husks with very hot water and weigh them down with a plate to keep the husks submerged. Let stand for 1 hour or until the husks are pliable.
3. Remove silk hairs, when found.

Chile Sauce

- Approximately 1/4-pound Ancho Chiles, (8 to 10 chiles) deveined and seeded
 - 2 Guajillo Chiles (optional), deveined and seeded
 - 1 clove garlic (medium size)
 - 1 teaspoon ground cumin
 - 1 teaspoon Mexican oregano (optional)
 - 1-1/2 cups water (can use the chile soaking water for extra spice)
 - 1 tablespoon vegetable shortening or vegetable oil
 - 1 tablespoon salt
1. Soak the cleaned dried chiles in a medium size bowl in warm water. Place a heavy bowl over the chiles to submerge them fully. Soak them for at least 20 minutes.
 2. After soaking, rinse the chiles to remove any remaining seeds.
 3. Transfer the chiles to a blender and add the garlic, cumin and 1/2 cup of the water. Puree until smooth.
 4. Strain the sauce to remove particles of the chiles.
 5. Heat the vegetable oil/shortening in a medium saucepan over medium heat and add the chile sauce slowly to avoid splattering then add the remaining chile water.
 6. Reduce the heat to low and cook for 10 to 15 minutes. Sauce will slightly thicken.

Meat – Pork Butt/Shoulder

- 2-1/2 pounds boneless Boston butt/pork shoulder
- 2 garlic cloves
- 1/4 white onion

(continued)

- 1 bay leaf (optional)
- 1 teaspoon salt

1. Place pork butt in a medium-size stock pot.
2. Add the garlic, salt and bay leaf. Add cold water to cover the pork.
3. Bring to a boil, then reduce heat to medium low and simmer partly covered for about 1-1/2 hours or until meat is tender enough to shred.
4. Skim and discard fat from surface.
5. Remove garlic, onion and bay leaf.
6. Transfer meat to a platter and shred.
7. Combine the Pork butt and chile sauce.

Masa

- 5-pounds fresh masa
 - 2-1/2 cups vegetable shortening (vegetable oil or pork lard can be substituted)
 - 1-1/2 tablespoons baking powder
 - 1 to 1-1/2 cups water or pork broth
 - Salt
1. With an electric mixer on medium-high speed, beat/whip shortening with baking powder and salt until light in texture, about 1 minute. If using vegetable oil or pork lard, there's no need to whip; just mix the ingredients together.
 2. Continue beating/adding the masa one cup at a time.
 3. Reduce the speed to medium-low and add 1 cup of the water. Continue beating for another minute or so.
 4. Dip a 1/2 teaspoon dollop of the masa in a cup of cold water; if it floats, the tamales will be tender and light. Additional water may be necessary.
 5. The masa should hold its shape and not be not runny. Add salt as needed.

Tamale Assembly

1. Drain the husks and pat dry with paper towels or cotton tea towels. Cover the husks with a damp cloth to keep moist.
2. Select husks that are at least 6 to 7-inches wide and 8-inches long.

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3. Spread about 2 tablespoons masa onto the center of the husk forming 4 x 4-inch square. Leave a 1/2-inch space at the top.
4. Spoon 1-1/2 to 2 tablespoons of meat sauce in the center of the masa.
5. Fold husk over to enfold the meat.
6. Fold up the bottom section of the husk to form a tightly closed bottom.
7. Place the folded tamales on a large baking sheet.
8. In a large stock pot with a steamer insert, add water just below the steamer insert. Stack the tamales on their folded bottoms, standing up. Avoid packing tightly as tamales will expand. Fill open spaces with husks or waded aluminum foil to prevent tamales from falling over.
9. Place husks or a wet tea towel over the tamales and place lid on top.
10. Steam over a constant medium heat for 1 to 1-1/2 hours. Pour additional water into the steamer as needed.
11. Tamales are done when the husk peels away from the masa easily. Let tamales stand in the steamer off the heat for at least 15 minutes to firm up.
12. Tamales can be refrigerated for up to 3 days or frozen in foil and plastic bags.

Source: Mary Lou Jaramillo, EMFV

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Tamale Presentation

I will demonstrate how to make Tamales. There are many varieties of tamales on the internet. I learned how to make pork tamales from my mother. The recipe on the extension website is call Classic Pork Tamales.

Making tamales at Christmastime is a tradition in Mexico and the U.S. A "Tamalada" (a tamale-making party) is an event bringing together families and friends to prepare **dozens** of tamales. Everyone has a task, cooking, filling, kneading masa, preparing corn husks, and then clean-up. The Tamalada may extend into the evening, depending on how many tamales are made.

Also, during the Christmas season from December 16 through the 24th families, faith groups organize Posadas. A *Posada* begins with a procession that re-enacts Mary and Joseph's search for an inn on their way to Bethlehem.

As the story goes Joseph & Mary are refused. Until at the end of the route, a designated house or church allows Mary and Joseph to pass, and a Christmas party begins. Tamales along with other treats are served.

Let's get started.

Making tamales takes time I prepared the pork and the Chile sauce in advance. Both can be prepared the day before and refrigerated.

The recipe on the Extension website will make approximately 5-6 dozen tamales.

| Words | Visuals |
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| <p>These are the main ingredients for tamales. Fresh masa is preferred and can be purchased at a tortillera. Masa, Chiles and corn husks can be found at grocery stores that cater to Latino customers. Corns husks are usually packaged in 1# bags.</p> | <p>Fresh masa, pork butt or pork shoulder, chile anchos, corn husks, (ojas), vegetable shortening or vegetable oil. Lard or Pork fat is another option.</p> |
| <p>Spices</p> | <p>Garlic, onion, cumin, salt, oregano</p> |
| <p>Equipment – An electric stand mixer saves time and energy. Otherwise, use a large bowl for mixing and kneading the masa.</p> | <p>Stand mixer, tamale steamer or large stock pot with wadded aluminum foil on the bottom. Blender Spatulas, tongs, fork, bowls, Large baking sheet, cotton kitchen towels, medium stock pot, stock pot with steamer,</p> |
| <p>Cook Pork in medium stock pot, covered with water, add garlic, onion, bay leaf. Bring to a boil, then reduce to a simmer, partly covered for about 1 to 1 ½ hours. Allow to cool.</p> | <p>Show Cooked Shredded pork (prepared in advance). Remove the pork butt and transfer to a platter and shred with a fork. The pork will be added to the Chile Sauce. Reserve the broth for the Masa.</p> |
| <p>Chile Sauce –</p> | <p>Demonstrate how to clean devein and seed Chile ancho. Show sauce prepared in advance.</p> |

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| <p>Chile anchos are dried poblano peppers. Soaked in hot water for 20 minutes. Blend with garlic, ground cumin and ½ cup of reserved water chiles that were soaked or fresh water.</p> | <p>Puree until smooth. Strain to remove particles of the peppers. Heat 1 tbs spoon vegetable oil in a saucepan over medium heat and add the chile sauce slowly and remaining water. Reduce heat to low and cook for 10-15 minutes.</p> |
| <p>Combine meat and sauce and set aside.</p> | |
| <p>Prepare corn husks. Soak in large bowl with very hot water to soften so they are pliable. Submerged for 45 minutes to 1 hour. Dry the husks with paper towels or tea towel, cover with a moist towel, do not allow to dry out.</p> | <p>Show package and one husk. Soak a few husks for demo in advance of the video.</p> |
| <p>Prepare Masa. Begin by whipping shortening until light and fluffy. Adding baking powder. Best to combine 1 part shortening to 2 parts masa. Add masa slowly and pork stock or water slowly. Water test</p> | <p>Demonstrate this masa preparation 1 1/4 c shortening, 2 ½ masa, 2 tsp baking powder, pork stock or water.</p> <p>1 rounded teaspoon of dough in a cup of water should float</p> |
| <p>Prepare steamer.</p> | <p>Show small and large steamer.</p> |
| <p>Assemble – Spread 2 T masa on a large husk, add 2 T pork & sauce and wrap. If you want to tie the tamales with long strips of husks. Make strips in advance. It's a nice presentation, but not necessary.</p> | <p>It's best to have help assembling the tamales. Line up the husks, masa, meat with sauce, large baking sheet. Demonstrate.</p> |
| <p>Place tamales open side up in the stock pot. Avoid crowding the</p> | <p>Show small pot filled with cooked tamales.</p> |

tamales as they will expand. Fill in the open spaces with loosely wadded aluminum foil or corn husks to keep the tamales from falling over. Steam over a constant medium heat for 1 to 1 ¼ hour. Check that the water does not boil away. Tamales are done when the husk peels away from the masa easily.

Remove and show done tamal.