



Tamales (Receta De La Abuela)

🕒 Total Time: 3 hour

🍴 Yield: 20 tamales approx.

Description

This is the recipe to make tamales that I got from my aunt. She could reproduce the dough consistency of the tamales my grandmother used to make.

Ingredients

- 500 g Tamales Maseca Flour
- 620 g water
- 14 g salt
- 7 g baking powder
- 280 g lard
- corn husks

Directions

1. Fill a pot with warm water and put the corn husks inside for about 15 min
2. Mix all the ingredients except the lard in a stand mixer bowl using a beater attachment (about 2-3 minutes)
3. Transfer the "masa" to a separate bowl

4. Beat the lard in the stand mixer for about 2 min
5. Incorporate the "masa" to the lard and slowly stir till the masa is smooth with a texture similar to ice cream
6. Remove the husks from the water and shake any excess water
7. Take one corn husks and put masa in the middle. Then, use a spoon to spread the masa on the corn husk. Put the filling in the middle and fold to form the tamal. Repeat.
8. Place corn husks at the bottom of a steamer. Place the tamales vertically. Put more corn husks on top. Cook for 1 hour.

Tips

- Do not overfill the steamer level with water. If it has too much water, the boiling water will bathe the tamales and it's going to be messy!