

Tamale masa spreading technique

Ingredients

- Masa Harina
- Broth (Chicken, Beef, Vegetable)
- Lard (or Shortening)
- Filling of Your Choice
- Baking Powder
- Sea Salt, Cumin
- Dried Corn Husks

Instructions

1. Soak Corn Husks in hot water for 30 min
2. Get your Filling- whatever your favorite is: chicken, beans, cheese, pork. You'll need 3-4 cups.
3. Masa Dough- To make the dough:
Mix Masa Harina, baking powder, salt and cumin in medium bowl and set aside. In a large bowl beat the lard and 2 tbs of broth with an electric mixer until creamy. Add in the dry ingredients and beat until mixed. Slowly add the remaining broth and beat on high for 2-3 minutes until the dough is smooth and creamy and slightly sticky. Cover with a damp paper towel until ready to use.
4. Assemble! With corn husks shiny side up and wide end away from you, place 1/4 cup of dough at the top, use our Masa Spreader to pull the Masa down the corn husk creating a thin, even layer. Stop about half way. Add 2 spoonfuls of filling down the center of the Masa, fold in the sides of the husk over the filling and fold up the bottom. Tie with kitchen twine or a strip of corn husk to hold it together.
5. Place upright in steamer for about 45 minutes to 1 hour (the more Tamales the longer the steam time)

Tamales