

# Authentic Tamales

Tips for success: drop a tiny piece of dough in cold water. If it floats, it is light enough. For the masa spread, use a spatula or plastic spreader to apply the dough quickly. Dough should feel fluffy and not sticky.

## Ingredients

For the masa (dough):

4-5 cups of masa harina

One cup of pork lard or vegetable shortening (for fluffiness)

1 teaspoon of baking powder

1 teaspoon of salt

3-4 cups of warm chicken broth (for consistency)

For the filling:

2-3 lbs of pork shoulder/butt, cooked and shredded

4-5 dried green/red peppers or jalapeno peppers (soaked and blended)

Garlic, onion and cumin to taste

For assembly - 1 package of dried corn husks

## Directions

1. Prepare husks by soaking them in hot water for at least 1-3 hours until soft.
2. Prepare the filling by cooking pork until tender, shredding, and mixing with sauce made from blended peppers, garlic, and broth.
3. Prepare the masa by beating the lard with a mixer until fluffy. Slowly add the masa harina, baking powder, salt and broth until a soft, creamy spreadable dough forms (think peanut butter consistency).
4. Assemble by spreading two tablespoons of masa onto the smooth side of the husk. Place one tablespoon of filling in the center. Fold sides over, and then fold the bottom tip up.
5. Steam by arranging the tamales vertically in a steamer pot, open side up. Steam over boiling water for 1 to 1.5 hours.
6. Let the tamales rest for 10-15 minutes after steaming, as contents will be hot.