



### Deanne Garrett

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## Tamales

**Prep Time:** 2 hours 30 minutes

**Cook Time:** 1 hour 30 minutes

**Cost per serving:** \$0.17

### What you need:

#### Utensils:

- 2 large cooking pots
- Cutting board & sharp knife
- Large mixing bowl & spoon
- Measuring cups & spoons

### Ingredients:

#### Meat Filling

- 6 pounds ground pork meat
- 1 tablespoon salt
- 1/3 cup chili powder
- 4 cloves garlic
- 1 large chili pod, boiled
- 1 teaspoon black pepper
- 1 1/2 teaspoons ground cumin (cumino)
- 1/2 cup water, if needed
- The garlic and boiled chili pod can be ground up in a blender or finely chopped by hand.

#### Masa

- 5 pounds masa
- 2 tablespoons chili powder
- 3 tablespoons salt
- 1 teaspoon baking powder
- 2 1/2 -3 cups canola oil
- 2 cups broth from pork meat
- Assembly
- 100 large corn husks, soaked in hot water for 1-2 hours, until soft and flexible
- Meat filling see recipe
- Prepared masa, see recipe

Nutrition Facts	
Serving Size 1 tamale	
Servings Per Container 95	
Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 10g	
Vitamin A 4%	Vitamin C 2%
Calcium 4%	Iron 10%



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## **Tamales**

**What to do:**

### **Preparing the Meat filling:**

1. Wash your hands and clean your cooking area.
2. Cook pork meat in covered pot with 4 cups of water for about 2 hours.
3. Chop the meat with a knife or a meat grinder.
4. Add salt, chili powder, garlic, chili pod, black pepper, cumin (cumino) and about ½ cup of water, of needed.
5. Cook on low heat (simmer) for 20 more minutes.

### **Preparing the Masa:**

1. Combine all ingredients: masa, chili powder, salt, baking powder, canola oil and pork broth.
2. Mix until thoroughly blended and is easy to spread.

### **Assembly:**

1. Take 2 heaping tablespoons of masa and spread on smooth side of a large, DRY corn husk
2. Spread the masa into a rectangle closet to the wide end of the cornhusk. (Try not to spread into the pointy end of the corn husk.)
3. Spread about a tablespoon of the meat mixture in the middle of the masa.
4. Take one side of the cornhusk and fold it over the meat filling.
5. Take one side of the cornhusk and fold it over.
6. Take the pointy end of the cornhusk and fold it over.
7. Repeat steps 1 through 6 until ingredients are gone.
8. Place a small cup in the middle of a large pot.
9. Arrange the tamales in an upright position around the cup.
10. Add 2 cups of boiling water to the pot. (Don't pour on or in the tamales.)
11. Cover the tamales with cornhusks or a clean and wet dishtowel.
12. Cover pot with a lid.
13. Bring the water to a boil then lower the heat and steam for about 1½ hours or until tamales easily come away from the cornhusks.