

THREE SISTERS' TAMALES

Makes 12 Tamales (Note: you may want to invite a bunch of your friends and family over to help out! 😊)

Ingredients:

Tamale Masa:

- (2) Cups Tamale grind masa harina
- (1/2) tsp baking powder
- (1/2) tsp kosher salt
- (1/3) Cup Plus **1 TBL** lard or vegetable shortening
- (1/2-3/4) Cup Chicken broth or water

Tamale Filling:

- (2) Tbl Butter
 - (1/2) Cup Chopped onion
 - (2) Tsp Minced garlic
 - (1) Medium zucchini, diced (about 1 cup)
 - (1) Cup Whole kernel corn
 - (1/2) Cup New Mexico green chili
 - (1) Tsp Mexican Oregano
 - (1/2) Cup Grated Monterey Jack Cheese
 - Salt and Pepper to Taste
- (3) Oz OR 12 dried cornhusks, soaked in warm water overnight OR immersed in boiling water for 1 hour
And drained.

THREE SISTERS' TAMALES, cont'd

Directions For the Masa:

1. Place the masa harina, baking powder and salt in a bowl and whisk to combine. Set aside.
2. Place the fat in the bowl of an electric mixer fitted with a paddle attachment. Beat until the shortening is white and fluffy.
3. SLOWLY add the dry ingredients, a spoonful at a time, and beat on low to mix.
4. Slowly add the broth or water until everything is combined.
5. Turn the mixing speed to high and beat for several minutes, until light and fluffy.

Directions For the Filling:

6. Heat the butter in a skillet over medium-high heat.
7. Add the onion and cook, stirring for 1 minute
8. Add the garlic and the zucchini and cook, stirring frequently, for 2 to 3 minutes
9. Remove mixture from the heat, place in a bowl, and let cool for 10 minutes.
10. Stir in cheese and add salt and pepper to taste. Set aside.

Directions for Assembling the Tamales:

11. Place approximately a "golf ball" size portion of the prepared Masa on the corn husk
12. Flatten it out, +/- 1/8"-1/4" thick – Not all the way to the edges... approximately "soft ball" size
13. Eyeball this patch of Masa into "thirds" and place a "golf ball" size portion of the filling down the "center 1/3" portion.
14. Roll and tie the tamales, as per Michelle's ZOOM technique
15. Fill the pot with water just below the bottom of the steamer basket. Bring water to a gentle simmer. Add tamales.
16. Cover the pot and steam for 45 minutes. Check the pot occasionally to make sure the water has not boiled away.
17. Once they have steamed, let them sit for a few minutes before unwrapping – they will be HOT!

FROZEN TAMALES – RE-HEATING INSTRUCTIONS

Directions:

1. To re-heat raw frozen tamales, place a steamer basket into a pot.
2. Fill the pot with water just below the bottom of the steamer basket. Bring water to a gentle simmer.
3. Place frozen tamales in the steamer basket – cover and steam for 45 minutes, check water occasionally to make sure it hasn't boiled away.
4. Once they have steamed, let them sit for a few minutes before unwrapping – they will be HOT!
5. Then ENJOY!!!