



Chicken, pork and rice tamales

- Honduran Style

Ingredients

Tamale dough:

- 4 cups of MASECA® Tamale corn masa flour
- 6 cloves of garlic
- 1 green pepper
- 1 cup of tomato sauce with cilantro
- 2 cups of lard
- 1 teaspoon of cumin
- 6 cups of chicken broth
- 1 medium onion

Filling

- 6 chicken breasts, cut into pieces
- 2 ½ pounds of pork, cut into pieces
- 1 pound of white potatoes, sliced
- 1 cup of green olives
- ½ cup of raisins
- 1 cup of cooked rice
- 1 cup of peas

Tamales:

- Aluminum foil sheets, letter paper size
- Banana leaves

Preparation

White tamale dough

1. Purée ½ onion, 2 cloves of garlic, and cumin with a bit of water in a blender.
2. Heat a tablespoon of lard and fry the blended mix.
3. Add 2 cups of MASECA® Tamale corn masa flour dissolved in one cup of chicken broth, and one cup of lard.
4. Boil until lightly thickened and let it cool.

Red tamale dough

1. Purée ½ onion, green pepper, tomato sauce in a blender.
2. Heat a tablespoon of lard and fry the blended mix.
3. Add two cups of MASECA® Tamale corn masa flour dissolved in chicken broth, and a cup of lard.
4. Boil while stirring constantly until thickened. Set aside and let it cool.

Tamale assembly

1. Place the banana leaves to form a “t” on a piece of aluminum foil.
2. Place 1 cup of white batter in the middle. Add the ingredients in the following order: 1 green olive, 4 raisins, 1 tablespoon of rice, 2 potato slices, 1 spoonful of peas and a few pieces of pork or chicken or both.
3. Cover with a spoonful of red batter.
4. Carefully fold the banana leaf to cover all the ingredients, and then wrap the aluminum foil over the banana leaf. Make sure the contents are completely covered and tightly wrapped.
5. Place the tamales in a large pot of boiling water and boil for 45 minutes