



Chicken, pork and vegetables tamales

-Colombian Style

Ingredients

Tamale dough:

- 6 cups of MASECA® Tamale corn masa flour
- 1 tablespoon of adobo condiment
- 6 cups of warm water
- 1 food coloring small pack
- 1 cup of canola oil
- 2 tablespoons of salt

Filling

- 1 ½ pounds of pork, cut into large cubes
- 2 pounds of chicken breast, cut into large cubes
- 1 ½ pounds of pork rinds, cut into large cubes
- 1 ½ cups of carrots, cut into small cubes
- 3 potatoes, cut into cubes
- 1 ½ cups of peas
- 1 tablespoon of ground cumin
- 1 tablespoon of saffron seasoning
- ½ cup of cilantro, finely chopped
- ½ cup of apple cider vinegar
- 2 tablespoons of salt

Sauce:

- 2 cups of tomatoes, chopped
- 1 cup of onions, chopped
- 1 cup of shallots, chopped
- 1 cup of cilantro, chopped

Tamales:

- Aluminum foil sheets, 12 inches
- Banana leaves
- Kitchen twine

Preparation

Dough for tamales

1. In a mixing bowl combine MASECA® Tamale corn masa flour, water, adobo, coloring, canola oil and salt. Mix thoroughly using a spoon or with a mixer at low speed until all ingredients are incorporated and the batter has a uniform consistency and color.

Sauce

1. Heat oil in a pan, add all ingredients and cook at low heat, mixing constantly until all ingredients are cooked.
2. Season to taste and cook until sauce thickens. Set aside.

Tamale assembly

1. In a bowl, mix cumin, saffron, cilantro, vinegar, and salt. Use this mix to marinate the raw chicken and pork pieces.
2. Soak the banana leaves in hot water for 10 minutes to soften.
3. On a piece of aluminum foil place a large banana leaf, 2 cups of batter, one cube of chicken, one cube of pork and one pork rind, plus potatoes, carrots, peas, and a spoonful of sauce (hogao).
4. Wrap the tamale with the aluminum foil in the form of a bag or sack, and tie with kitchen twine to close.
5. Place in a pot of boiling water and cook for 2 hours.