



Chicken with green sauce tamales

Ingredients

Tamale Dough:

- 1.1 pounds of MASECA® Tamale corn masa flour
- 8.8 ounces of lard
- ½ tablespoon of baking powder
- ½ tablespoon of salt
- 3 cups of chicken broth
- 10 corn husk leaves for tamales
- Water to cover corn husks

Filling:

- 1.1 pounds of chicken breast
- 1.1 pounds of green tomatoes
- 4 serrano peppers
- 2 garlic cloves
- ½ onion
- ½ cup of cilantro leaves
- 3 cups of water
- Salt and pepper to taste

Preparation

Tamale Dough:

1. In a large mixer bowl, mix the lard until fluffy.
2. Add baking powder, salt, chicken broth, and MASECA® Tamale flour. Continue mixing to integrate all ingredients until obtaining a soft dough.

Filling:

1. Boil chicken breast, tomatoes, serrano peppers, garlic, onion, and cilantro. Season with salt and pepper to taste.
2. Shred the chicken breast and set aside.
3. Blend the rest of the ingredients with the water.
4. Cool before filling tamales.

Tamale Assembly:

1. Soak corn husks in hot water with half teaspoon of salt overnight. Remove from water and drain.
2. Take 2 spoons of tamale dough, place in the middle of a corn husk and spread evenly with a spoon in the middle of the corn husk. Add some of the shredded chicken and salsa on the masa and in the middle of the husk.
3. Close the husk overlapping the sides to the middle, and then fold upward the top portion of the husk).
4. Place tamales on the steam rack of a steamer pot. Close and cook until tamale comes off the husk when serving (approximately 1 ½ hours).