



# Ground meat 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
- 3 tablespoons of ancho chili paste
- 10 corn husks for tamales
- ½ teaspoon of salt
- Water to cover corn husks

### Filling:

- 3 tablespoons of olive oil
- 2 tablespoons of onion, finely chopped
- 8.8 ounces of ground beef
- 8.8 ounces of ground pork
- 1 ripened plantain, finely chopped
- 1 tablespoon of parsley, finely chopped
- 2 serrano peppers, finely chopped
- 1 cup of tomato puree
- 1 cup of water
- ¼ cup of raisins
- ¼ cup of pecans
- Salt to taste

## Preparation

### Tamale dough:

1. In a large mixer bowl, mix the lard until fluffy.
2. Add baking powder, salt, chicken broth, chili paste and MASECA® Tamale flour.
3. Knead dough with your hands to integrate ingredients until obtaining a soft dough.

### Filling:

1. Heat oil over medium heat and sauté the onion for 3 minutes.
2. Add ground beef, ground pork, plantain, and salt. Cook until meat has browned.

3. Add parsley, chili paste, tomato puree, and a little bit of water. Cover and cook over medium heat until meat is cooked, and the liquid has evaporated. Add raisins and pecans.
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 a spoonful of tamale dough, place in the middle of a corn husk and spread evenly with a spoon in the middle of the corn husk making a thin layer. Add some of the ground meat dish 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).