



# Plantain tamales

## Ingredients

- 5 cups of MASECA® Tamal corn masa flour
- 2 plantains
- 1.1 pounds of panela cheese
- 6 ancho chiles
- 2 onions
- 1 clove of garlic
- 4 cups of chicken broth
- 2 cups of lard
- salt
- banana leaves

## Preparation

For the tamale dough:

1. Remove the seeds from the chiles and boil them in water along with the onions and garlic. Blend everything with salt to taste.
2. Place the flour in a saucepan and combine it with the chicken broth until well-integrated.
3. Melt the pork lard.
4. Place the saucepan on the stove over low heat and stir constantly with a spatula. Gradually add the melted lard while continuing to stir.
5. Cook for six minutes or until the dough is thick enough to see the bottom of the pot. The dough should have a smooth but firm consistency.
6. Add half of the blended chile and mix well.

For the filling:

1. Cut the cheese into cubes and the plantains into slices. Fry the plantain slices in oil until golden brown.

To assemble the tamales:

1. Cut the banana leaves into rectangles and roast them to soften.
2. Place a tablespoon of dough on a banana leaf and spread it out. Add a cube of cheese, a slice of plantain, and a bit of sauce.
3. Wrap the tamale by folding the two ends of the banana leaf towards the center and then the sides in the opposite direction to form a rectangle. Repeat until all the dough is used.
4. Place the tamales in a steamer and cook them for an hour and a half or until they easily separate from the leaves.