



Honduran Montucas

Ingredients

For the masa:

- 2.2 lb. of Maseca® Tamal corn masa flour
- ½ cup of lard
- 1 ½ cups of milk
- 5 cups of water or broth
- 1 cup of butter
- 4 garlic cloves, mashed
- 1 bell pepper

For the filling:

- 3.3 lb. of pork, cooked and shredded
- 1 green chili, finely chopped
- 1 white onion, finely chopped
- 5 tablespoons of sugar
- ½ teaspoon of cumin
- Raisins to taste (soaked in water)
- Salt and pepper to taste
- Corn husks (soaked in hot water)

Preparation

For the masa:

1. In a large bowl, mix the Maseca® corn flour with the lard, butter, milk, and broth.
2. Add the bell pepper and season with salt and pepper to taste.
3. Beat or mix until you get a smooth, homogeneous, and somewhat thick dough, with a consistency like firm puree.

For the filling:

1. In a pan over medium heat, sauté the onion, green chili, and garlic.
2. Add meat, then sugar, cumin, salt, and pepper.
3. Mix well and cook for a few minutes until the flavors are integrated.

Preparation

For the montucas:

1. Take a spoonful of masa, place it in the middle of the corn husk, and spread it using a spoon to form a layer.
2. Add some of the filling over the masa with some raisins.
3. Fold the tamal husk by overlapping the sides towards the center, then fold the tip upwards and in the middle of the husk.
4. Cover with another tamal husk and use strips from the same tamal husks or cooking thread to tie the narrower end and secure the montucas in the center.
5. Place montucas in a deep pot with enough water and cook for 1 to 1.5 hours, until the dough is firm and easily separates from the husk.

40 Montucas