

# Tamales

## Ingredients:

28 dried corn husks (3 to 4 oz.) or fourteen 9-inch pieces of foil  
1 cup chicken broth  
2/3 cup canned cream-style corn  
1/3 cup milk  
2 cups masa harina  
3 medium poblano chiles  
1 large red bell pepper  
1 tablespoon olive oil  
1 cup finely chopped onions  
1 tablespoon finely chopped garlic  
1/2 pound peeled and deveined uncooked shrimp, chopped  
1/2 cup lard, butter or shortening  
1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1 cup coarsely grated Chihuahua, Muenster or Monterey Jack cheese  
1/2 cup coarsely grated Queso Fresco or crumbled mild feta cheese  
Kitchen twine

## Directions:

1. Cover corn husks with hot tap water in a shallow baking dish. Bring chicken broth, creamed corn and milk just to a boil in a small saucepan over medium heat.
2. Gradually add broth mixture to masa harina in a medium bowl, stirring with a wooden spoon, until well blended; cool.
3. Heat broiler. Line a broiler pan with foil. Arrange poblanos and bell pepper on prepared pan and broil 4 inches from heat 10 to 15 minutes, turning until skins are evenly charred. Wrap in foil or place in a paper bag and let stand 15 minutes. Peel, seed and dice chile and bell pepper; transfer to a medium bowl.
4. Heat oil in a large skillet over medium-high heat. Add onions and cook 2 to 3 minutes. Add garlic, reduce heat to medium and cook 1 minute more. Cool, then combine with chile, bell pepper and uncooked shrimp.
5. Beat lard, baking powder, salt and sugar together in a large mixer bowl, until smooth.
6. Gradually beat in masa harina mixture by spoonfuls, beating well after each addition. Continue to beat 5 to 8 minutes more, until mixture is light and fluffy.
7. Stir in shrimp mixture and cheese (mixture will be stiff).

8. Drain and rinse corn husks; keep covered with a damp towel (or follow foil directions below).  
Flatten one husk on work surface (overlapping two husks if small).  
Spoon  $\frac{1}{4}$  cup filling in center of husk.  
Spread into a 3-inch long log.  
Roll up lengthwise.  
Secure each end with string.  
Repeat with remaining husks and filling.
  
9. To prepare tamales with foil:  
Cut each foil piece in half to make two 6x9-inch rectangles.  
Spread  $\frac{1}{4}$  cup filling in center of each rectangle.  
Fold all sides in to form 2x3- $\frac{1}{2}$ -inch packets.  
(Can be made ahead. Place tamales in resealable plastic storage bags and freeze up to 1 month.)
  
10. Place steamer rack in Dutch oven over 1 inch of water.  
Arrange tamales (unthawed if frozen) in rack.  
Cover, bring to a boil. Reduce heat to low and steam 30 minutes.

Makes 28 tamales