



Central American Chicken Tamal

Ingredients

for the Masa:

- 2.2 pounds of Maseca® corn masa flour
- 7 ounces of pork lard
- 6 ½ cups of water
- Salt to taste

For the Filling:

- 1 cup of tomato purée
- 3 sweet peppers, chopped
- 3 garlic cloves, chopped
- 1 cup of chopped onion
- 1 cup of chicken broth
- 3 cups of chicken breast, cooked and shredded
- 3 teaspoons of oil
- 2 teaspoons of salt
- Toasted banana leaves

Preparation

For the Masa:

1. Place the Maseca® corn masa flour in a large bowl. Add the lard, water, and salt to taste.
2. Mix and knead until you obtain a smooth, uniform, and slightly moist dough. Set aside.

For the Filling:

1. Blend the sweet peppers, onion, garlic, and chicken broth until smooth.
2. Heat the oil in a skillet and pour in the blended mixture. Cook for 2 minutes.
3. Add the tomato purée, salt, and shredded chicken.
4. Cook over medium heat until the filling thickens and develops flavor.

For the Tamales:

1. Place a portion of masa in the center of a toasted banana leaf.
2. Add one spoonful of filling—or the desired amount—on top.
3. Fold the sides of the leaf toward the center, then fold the ends to form a tightly sealed packet.
4. Place the tamales in a large steamer and cook for 50 minutes.

18-20 tamales