



Tamales Rojos de Pollo Red Chicken Tamales

Oscar · 29/09/2024



Prep Time

2 hrs 15 mins

Dificult

Medium

Servings

4 hrs 35 mins

Description

These chicken tamales are stuffed with shredded chicken in a spicy Mexican red sauce made with ancho and mulato chiles. The masa for these tamales is made with lard and chicken broth.

Ingredients

- - corn husks - 1 ¼ pounds skinless
- boneless chicken breast halves - 1 pinch salt to taste - 1 cup mulato chiles
- stemmed and seeded - ? cup ancho chiles
- stemmed and seeded - 1 clove garlic - 8 cumin seeds - boiling water as needed - ½ pound lard - 1 pound masa harina - 3 cups chicken broth
- or as needed - 1 ½ teaspoons baking powder - 1 ½ teaspoons salt

Instructions

1. Place corn husks in a bowl
2. cover with boiling water
3. and soak for a few hours. Drain
4. place on a work surface
5. and cover with a clean
6. damp towel. Place chicken in a pot
7. season with salt
8. and cover with water. Bring to a boil over medium-high heat
9. reduce heat
10. cover
11. and simmer until chicken is cooked through
12. 20 to 25 minutes. Drain chicken and shred with 2 forks. Heat a griddle over medium heat and toast mulato and ancho chiles until fragrant
13. 3 to 5 minutes. Place in a bowl and cover with boiling water. Soak until soft
14. about 25 minutes. Combine ancho and mulato chiles
15. garlic
16. cumin seeds
17. and about 1/2 cup of the soaking water in a blender; blend until a thick
18. smooth
19. mole-like sauce forms
20. adding more water if necessary. Heat 1 tablespoon lard in a saucepan over medium heat and add the sauce; cook for 3 to 5 minutes. Add shredded chicken and cook until flavors are combined and chicken is heated through
21. about 5 minutes. Place remaining lard in a large bowl; beat with an electric mixer until creamy. Add masa harina
22. chicken broth
23. baking powder
24. and 1 1/2 teaspoon salt
25. and beat until all ingredients are well combined. Test if the masa is ready by dropping a small ball of masa into a glass of cold water; if it floats
26. it's ready
27. if not
28. keep working the dough a little longer. Select 1 wide corn husk. Spread about 2 tablespoons masa mixture onto the the corn husk
29. filling it up to 2 inches from the bottom and 1/4 inch from the top. Add 1 tablespoon of the chicken filling in the center of the masa mixture. Fold sides of husk together
30. one over the other. Fold the bottom of the husk over the seam of the 2 folded sides. Repeat with remaining husks. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add tamales with the open side up and cook until filling is heated through and separates from the husk
31. about 1 hour. Let tamales rest for 15 minutes before serving. Recipe Tips The corn husks should be soaked in hot water for several hours so that they are soft and pliable. Make sure to soak and drain them well in advance. You can use shredded pork instead of chicken. Editor's Note: This recipe was originally submitted to Allrecipes.com.mx.