



Sweet Tamales with Pineapple and Coconut

Oscar · 29/09/2024



Prep Time

3 hrs 15 mins

Difficult

Medium

Servings

4 hrs 35 mins

Description

For these sweet Mexican tamales pineapple is cooked with sugar and water so that it becomes extra soft and sweet. It tastes great in combination with coconut and raisins. The masa dough is mixed with butter instead of lard.

Ingredients

— - corn husks - 2 pounds chopped fresh pineapple - 1 ½ cups water - 1 ¼ cups white sugar - 2 pounds fresh corn masa dough - 1 cup unsalted butter - 2 tablespoons baking powder - 1 cup grated coconut - ? cup raisins

Instructions

1. Place corn husks in a bowl
2. cover with boiling water
3. and soak for about 3 hours. Drain
4. place on a work surface
5. and cover with a clean
6. damp towel. Combine pineapple
7. water
8. and sugar in a saucepan and cook over medium heat until pineapple is very soft
9. 7 to 10 minutes. Drain. Mix masa dough with butter and baking powder in a bowl until well combined. Add cooked pineapple
10. coconut
11. and raisins; knead into a smooth dough. Select 1 wide corn husk or 2 small ones. Spread about 1 tablespoons masa mixture onto the corn husk
12. filling it up to 2 inches from the bottom and 1/4 inch from the top. Fold sides of husk together
13. 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
14. about 45 minutes. Let tamales stand for 15 minutes before serving. Recipe Tip If possible
15. use fresh corn husks. Not only will they soften in a much shorter time
16. but they also add a delicate flavor.