

Tamales Oaxaqueños OaxacanStyle Tamales

Oscar · 29/09/2024



Prep Time

15 mins

Dificult

Medium

Servings

3 hrs

Description

This authentic homemade tamales recipe comes from the Mexican region Oaxaca The tamales are stuffed with a homemade masa and chicken filling made with tomatillos and 2 different types of chile peppers ancho chile and mulato chile Recipe originally submitted to Allrecipescommx

Ingredients

- - 11 ounces lard
- divided - salt to taste - 9 cups masa harina - 1 cup warm chicken broth
- divided - 3 fresh tomatillos
- husks removed - 1 ancho chile pepper - stems
- seeds
- and veins removed - 1 mulato chile pepper - stems
- seeds
- and veins removed - 1 clove garlic
- minced - 1 pinch freshly ground black pepper
- or to taste - 1 pinch crushed dried oregano - 1 pound shredded cooked chicken - 36 banana leaves
- softened

Instructions

1. Beat 9 ounces lard in a large bowl with an electric mixer until creamy. Add salt and continue beating for a few minutes. Add masa harina and beat well until combined. Add chicken broth
2. 1/4 cup at a time
3. beating until masa has a smooth and workable consistency similar to cookie dough
4. about 3/4 cup total. Test if the masa is ready by dropping a small ball of masa into a glass of cold water; if it floats
5. it's ready
6. if not
7. beat the dough a little longer. Combine tomatillos
8. ancho chile pepper
9. mulato chile pepper
10. garlic
11. salt
12. pepper
13. and oregano in a blender; blend until smooth. Heat remaining 2 ounces lard in a skillet and cook tomatillo sauce until lightly thickened
14. 3 to 5 minutes. Add shredded chicken and a little of the remaining chicken broth. Cook over low heat until chicken filling has thickened
15. about 10 minutes. Spread 2 to 3 tablespoons masa mixture onto 1 banana leaf
16. 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 banana leaf together
17. one over the other. Fold the bottom of the banana leaf over the seam of the 2 folded sides and tie together with kitchen string. Repeat with remaining banana leaves. 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 leaf
18. 1 hour 30 minutes to 2 hours. Let tamales rest for 15 minutes before serving. Cook's Note Wrapping tamales in banana leaves gives them a wonderful flavor
19. even though the leaves themselves are not eaten. To prepare the leaves
20. rinse them and wipe them dry. Pass each one over the low flame of a gas range to soften. Alternatively
21. you can arrange the leaves in a single layer on a baking sheet (or slightly overlapping) and heat in an oven preheated to 200 degrees F (95 degrees C) for 5 to 10 minutes.