



Green Chicken Tamales

Oscar · 29/09/2024



Prep Time

15 mins

Dificult

Medium

Servings

2 hrs 30 mins

Description

These authentic Mexican green tamales *tamales verdes* are stuffed with chicken and a spicy tomatillo sauce To make tamales from scratch takes time but it is so worth it Recipe originally submitted to Allrecipescommx

Ingredients

- - corn husks - 1 pound skinless
- boneless chicken breast halves - salt to taste - water to cover - ¾ pound fresh tomatillos
- husks removed - 2 serrano peppers
- or more to taste - 1 onion
- chopped - 3 tablespoons chopped fresh cilantro - 1 clove garlic
- minced - 1 cup unsalted butter
- softened
- divided - 3 cups chicken broth - 1 pound masa harina - 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 30 to 60 minutes. 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. Place tomatillo and serrano peppers in a pot while chicken is cooking
13. cover with water
14. and bring to a boil. Cook until tomatillos are soft and have changed color
15. but are not falling apart
16. 3 to 5 minutes. Combine tomatillos
17. serrano peppers
18. onion
19. cilantro
20. and garlic in a blender; blend into a smooth sauce. Heat 1 tablespoon butter in a saucepan over medium heat and add tomatillo sauce. Cook until sauce has slightly thickened
21. 3 to 5 minutes. Add shredded chicken and season filling with salt. Beat remaining butter in a large bowl with an electric mixer until creamy. Add chicken broth
22. masa harina
23. baking powder
24. and 1 1/2 teaspoons salt and beat well until combined and the consistency of cookie dough. Test if the masa is ready by dropping a small ball of masa into a glass of cold water; if it floats
25. it's ready
26. if not
27. keep beating for a little longer. Select 1 wide corn husk or 2 small ones. Spread about 2 tablespoons masa mixture onto the the corn husk
28. filling it up to 2 inches from the bottom and 1/4 inch from the top. Add 1 tablespoon of filling down the center of the masa mixture. Fold sides of husk together
29. 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
30. about 1 hour. Let tamales stand for 15 minutes before serving.