

Tamales de Frijoles Bean Tamales

Oscar · 29/09/2024



Prep Time

3 hrs 15 mins

Difficult

Medium

Servings

5 hrs 45 mins

Description

In this authentic Mexican recipe for bean tamales both the masa and the refried beans are mixed with a homemade ancho chile salsa adding a mild smoky flavor to every bite

Ingredients

- - 24 dried corn husks - 1 (16 ounce) can refried beans - 1 tablespoon vegetable oil - 1 cup lard
- softened - 2 pounds masa harina flour - 1 (4 ounce) can canned jalapenos
- sliced - 6 dried ancho chile peppers
- seeded - 3 cloves garlic - 1 pinch ground cumin - salt and freshly ground black pepper to taste - 1 tablespoon water
- or as needed

Instructions

1. Start the tamales: Place corn husks into 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. Make the salsa: Place ancho chiles into a saucepan
7. cover with water
8. and bring to a boil over medium heat; cook until soft
9. about 10 minutes. Drain. Combine ancho chiles
10. garlic
11. cumin
12. salt
13. and pepper in a blender. Add water and blend until smooth. Strain through a sieve. Finish the tamales: Heat oil in a large skillet over medium heat. Add 1/2 of the salsa and cook for 3 to 5 minutes. Stir in refried beans until well combined; cook until most of the liquid has evaporated
14. about 5 minutes. Remove from the heat. Beat lard with an electric mixer in a large bowl until fluffy. Gradually add masa flour and beat until well combined. Add remaining salsa and continue beating until dough is uniformly red in color. Select one wide corn husk. Starting 2 inches from the bottom of the husk
15. spread about 2 tablespoons masa mixture over the surface
16. ending about 1/4 inch from the top. Place 1 tablespoon beans and 1 jalapeño slice in the center of masa mixture. Fold the sides of the husk together
17. one over the other. Fold the bottom of the husk over the seam of the two folded sides. Repeat to make remaining tamales. 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; cook until filling is heated through and separates from the husk
18. about 1 hour. Let tamales rest for 15 minutes before serving.