

Masa for Tamales

This recipe is from Food and Wine

Ingredients

- 3 1/2 cups masa harina for tamales (20 ounces)

(For instance, “Maseca” brand-there are many varieties of “masa para tamales” available in stores)



- 3 cups very hot water
- 1/2 pound lard
- 5 tablespoons unsalted butter, softened
- 2 teaspoons salt
- 1 1/2 teaspoons baking powder
- 1 cup chicken stock (or stock from cooking pork or vegetable stock)

How to Make It

Step 1

In a large bowl, stir the masa with the hot water until evenly moistened. Knead several times to make a smooth dough.

Step 2

In a standing mixer fitted with the paddle, beat the lard with the butter at medium speed until smooth, about 2 minutes. Add the salt and baking powder and beat at medium-low speed until incorporated. With the machine on, add the masa in 4 batches, beating until smooth and scraping down the bowl occasionally. Pour in the stock in a steady stream and beat until the dough is fluffy and soft, about 2 minutes; it should have the consistency of thick corn bread batter. Refrigerate the tamale dough in the bowl for 30 minutes.

Step 3

Return the bowl to the mixer and beat the dough at high speed for 1 minute before assembling the tamales.

Make Ahead

The Tamale Dough can be covered in plastic wrap and refrigerated for up to 3 days.

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