



CHICKEN TAMALES

SERVINGS 20
PREP TIME 45 min
COOK TIME 110 min

INGREDIENTS

For the Filling

- 6 1/2 pounds boneless skinless chicken breast
- 3 1/2 pounds tomatillos
- 1/4 medium white onion, sliced in half and divided
- 4 cloves garlic
- 1 pepper serrano
- 1/4 cup fresh cilantro
- 2 teaspoons crushed epazote, or 7 whole epazote leaves
- 6 cups water

For the Masa

- 5 cups masa harina
- 1 tablespoon baking powder
- 2 tablespoons sea salt
- 1/2 cup grapeseed oil, butter, or lard
- 9 cups chicken stock, or vegetable stock or water, divided
- 40 corn husks

DIRECTIONS

Filling:

1. Gather the ingredients. Add the chicken breast, half of the 1/4 piece of onion, and 1 clove of garlic to a pot. Cover with water and simmer on medium until chicken is cooked through, about 45 minutes. Remove from heat, remove chicken to a plate or bowl, and allow to cool.
2. Cut off the stem and the calyx (the part that connects the stem to the pepper) of the serrano pepper. Remove the seeds and slice crosswise.
3. Add the tomatillos, serrano chile slices, remaining onion, 3 cloves of garlic, epazote, and cilantro to a large pot. Cover with water and bring to a boil over high heat. Lower to medium heat and simmer until tomatillos are soft, about 20 minutes. Drain, add ingredients to a blender, and blend to an even consistency. Set this green salsa aside.
4. Shred the cooled chicken, and toss with the green salsa you just made. Store in an airtight container in the refrigerator until ready to use.

Masa:

5. Gather the ingredients. In a large bowl, mix together the masa harina, baking powder, and salt. With an electric mixer, whip in the grapeseed oil as you pour it in gradually. Do the same with 8 cups of the chicken stock. Continue whipping until the dough is light and fluffy, about 3 to 5 minutes. If it looks dry, add more chicken stock. Whipping aerates the dough to form a fluffy texture. Your consistency should feel smooth, thick, and creamy, like ricotta.
6. Taste for seasoning. Store in an airtight container until ready for use.

Assemble:

7. Remove corn husks from the package and submerge all into a deep bowl of hot water. Soak until soft and pliable, about five minutes. Grab a dozen and shake off excess water before laying them out onto a clean work surface area. Work with 2 to 4 husks at a time, or 1 at a time, if you are a beginner.
8. Spoon 3 to 4 tablespoons of dough onto the center of each husk, topped by 1 to 2 tablespoons of filling in the center of the dough. Fold the right side of the husk over the masa and filling, tuck the bottom of the husk up over the middle, and wrap the left side of the husk over the center to create your tamales. You want to form a tight bundle with a folded seal before placing them in a steaming pot set up.
9. Set a steamer basket inside a large pot and pour water just until it reaches the basket. Bring the water to a simmer. Begin layering in the tamales, flap side down. Cover with a lid and cook over medium heat. Steam for 45 minutes.
10. Once tamales are cooked, remove from pot and cool until they can be handled. Eat immediately, drizzled with salsa.

