THE PEOPLE'S CHOICE
$UPREMO
FOOD MARKET

CHICKEN TAMALES



SERVINGS	20
PREP TIME	45 mins.
COOK TIME	1 hr 50 mins.

INGREDIENTS

For the Filling

- 1-1/2 lbs boneless, skinless chicken breast (or thighs)
- 1 medium white onion, halved (divided)
- 2 large garlic cloves, peeled and smashed (divided)
- 1 tsp fine sea salt, plus extra to taste
- 1 serrano pepper (or jalapeño)
- 2 lbs fresh tomatillos (husks and stems removed, washed)
- 1/4 cup fresh cilantro
- 1 tsp crushed epazote (or 3 whole fresh leaves)

For the Masa & Assembly

- 30 dried corn husks
- 3/4 cup lard (or shortening, unsalted butter, or grapeseed oil)
- 2-1/2 cups masa harina
- 1 tsp baking powder
- 1 tsp fine sea salt
- 1-1/2 to 2 cups reserved poached chicken stock (or vegetable stock)

DIRECTIONS

1. **Soak Husks & Poach Chicken (45 mins):** Submerge corn husks in hot water for 30 mins to soften; pat dry. In a saucepan, simmer chicken, half the onion, 1 garlic clove, and 1 tsp salt in water for 20 mins until cooked (165°F). Reserve 2 cups cooking broth; cool and shred chicken.
2. **Make Salsa Verde (20 mins)**: Boil tomatillos, serrano, remaining onion, and remaining garlic for 10 mins until soft. Blend with cilantro, epazote, and salt until smooth. Toss shredded chicken with the warm salsa.
3. **Whip Masa (10 mins):** Beat lard on high for 2 mins until fluffy. Whisk masa harina, baking powder, and 1 tsp salt together. Alternately mix dry ingredients and warm broth into the lard; beat 3–5 mins until light and spreadable (ricotta-like texture).
4. **Assemble & Steam (45 mins steam time):** Spread 2 tbsp masa into a thin square on the wide end of a husk. Top center with 1-1/2 tbsp chicken filling. Fold sides inward so masa covers filling, then fold the narrow bottom end up. Stand tamales upright (open end up) in a steamer pot lined with extra husks. Cover tightly and steam over medium heat for 45 mins.
5. **Rest:** Remove from heat and let stand uncovered for 10–15 mins to firm up before peeling husks to serve.

Recipe inspired by: https://www.thespruceeats.com/chicken-tamales-5205576