

# Tamales

## Filling:

- 2 1/2 Pounds Pork or Beef (I use both)
- 2 Tablespoons Vegetable Shortening or oil
- 1 Tablespoon Flour
- 1/2 Cup Red Chili Powder (or other ground dried peppers)
- 1/2 Teaspoon Salt
- 1/8 Teaspoon Oregano
- 1/4 Teaspoon Cumin
- 1/2 Teaspoon Garlic Powder
- 2 Cups Broth from boiling meat

## Mesa:

- 6 Cups Masa Harina
- 2 Tablespoons Paprika
- 3 Tablespoons Salt
- 1 1/2 Tablespoon Cumin
- 1 1/2 Tablespoons Chili Powder
- 1 1/2 Tablespoons Garlic Powder
- 2 Cups Vegetable Shortening(warmed) or oil
- 2 Quarts Broth
- 1 Package Dried Corn husks

Cut the meat into 1 inch cubes, cover with water and boil until pull apart tender. Remove the meat from the water and let cool, reserving the broth. While the meat is boiling, place the corn husks in boiling water for 5 minutes and then cover and remove from heat. Let them set to soften.

## Filling:

When the meat has cooled shred with fingers getting all the extra fat and other stuff out. Combine meat and 2 tablespoons shortening or oil in large skillet and fry at medium heat until meat has warmed up. Add the flour to the meat and cook for one minute stirring constantly. Add the chili powder, broth and seasonings to the meat. Cook at medium heat stirring constantly for about 30 minutes, or until the mixture has thickened. Add broth as needed. Adjust seasoning to your taste level.

## Mesa:

While the filling is simmering, combine the masa harina and the spices together in a large bowl with a whisk. Add the oil and stir until combined. Slowly begin to add the warm broth to the mixture about 2 cups at a time until the mixture is the consistency of thick peanut butter. Set aside.

## Assembly:

Remove husks from the water and drain. Spread the center of each husk with the masa mixture. Place the desired amount of meat mixture down the center of the masa. Fold one side of the husk toward the center and the bottom up, then roll the tamale in the husk to make it look right. Cooking: Steam tamales for 45-60 minutes or until masa is firm. Or cook in pressure cooker for 20 minutes at 15 pounds pressure.

After the tamales cool for a while, the mesa will become more firm like the ones in restaurants.