

GREEN CORN TAMALES

Tamales are corn-based dough, known as masa, wrapped in cornhusks, or ojas, and steamed. Tamales originally came from Mexico. Green corn tamales, made with green corn masa, are a very popular dish in southern Arizona. Green corn tamales are generally made during the summer, when the green corn is in season.

You Need:

- 2 ½ cups masa
- 1 ½ teaspoons salt
- Beef broth
- 1 (12 oz) can dry vacuum-pack whole kernel corn
- ¼ cup (or more) diced green chiles
- 2 table spoons butter
- 1 ½ teaspoons baking powder
- ½ cup lard
- 2 dozen cornhusks
- 2 cups (8 oz) shredded cheddar cheese
- 2 tablespoons sugar, or to taste
- Salt to taste

Step 1: Mix the masa, baking powder and 1 ½ teaspoons salt in a bowl.

Step 2: Cut in the lard until crumbly. Add enough broth to make the dough stiff enough to handle.

Step 3: Rinse and clean the cornhusks.

Step 4: Soak the husks in enough water to cover in a large container.

Step 5: Drain and pat dry.

Step 6: Drain the corn, reserving the liquid.

Step 7: Process 1 cup of the masa mixture, the corn and remaining ingredients in a food processor until combined.

Step 8: Add the reserved corn liquid or milk as needed if the mixture appears too dry.

Step 9: Spoon 2 tablespoons of the corn filling on the smooth side of each husk and roll up to enclose the filling. Turn up the ends of the husks and stand in a steamer.

Step 10: Cover with waxed paper and a dampened kitchen towel and steam for 30 to 40 minutes or until corn is clear and the filling is firm.

***Recipe from Tastes & Treasures: A Storytelling Cookbook of Historic Arizona by the Historical League, Inc. Available for purchase at the Arizona Historical Society Museum at Papago Park, (480) 929-0292.**