



VEGAN TAMALES

Unwrapped

A STEP-BY-STEP GUIDE TO SAVORY & SWEET TAMALES

- Dora Ramírez -



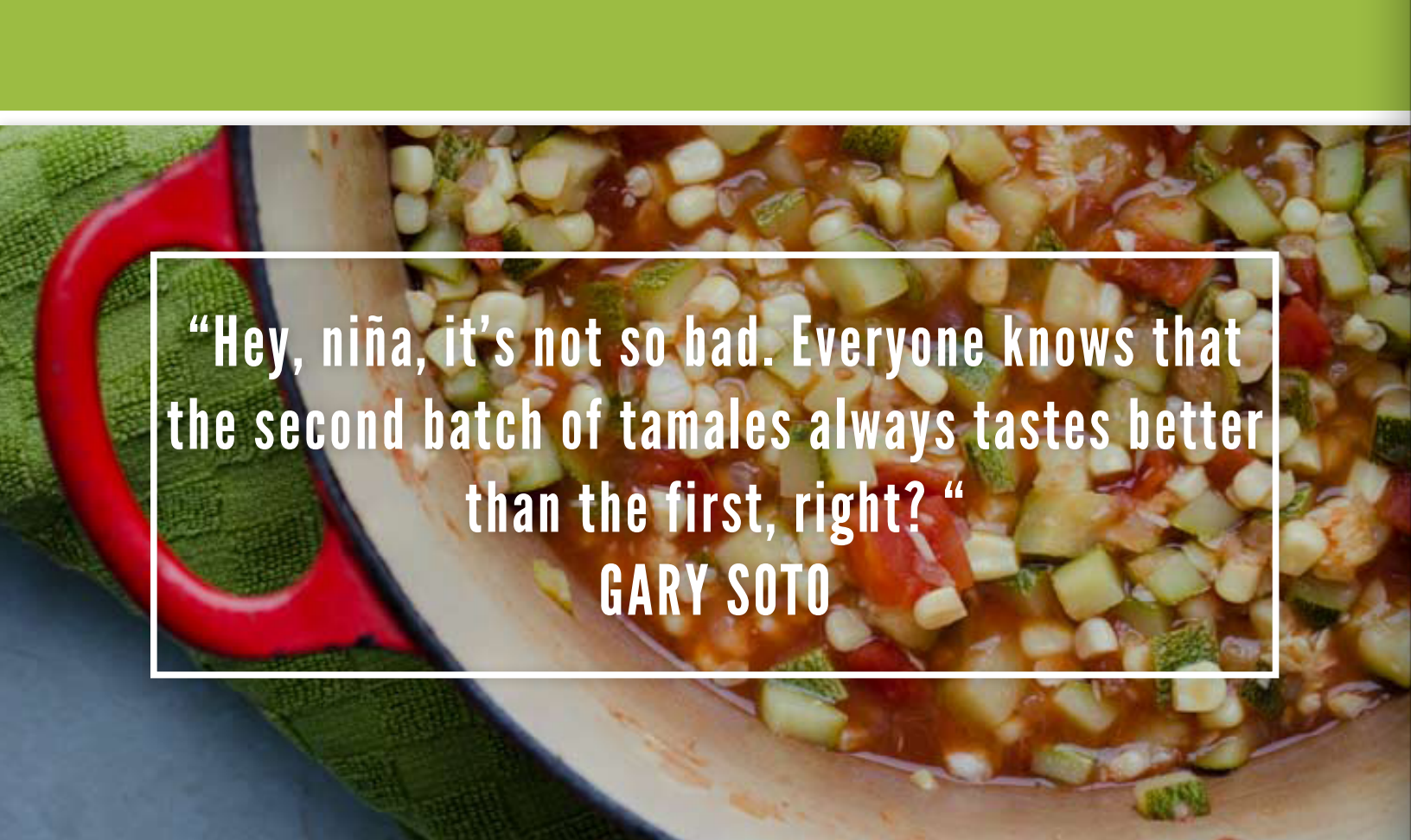


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“Hey, niña, it’s not so bad. Everyone knows that the second batch of tamales always tastes better than the first, right?”
GARY SOTO

For my family. Without you, none of this would be possible.

INTRODUCTION

There are over 500 different varieties of tamales in Mexico, and not all of them are filled with animal products. Many of them are full of the bounty of vegetables that are available region by region. This has been the inspiration for this book. Along the way something else has come to light, and that is the importance of preserving the richness and tradition of Mexican cuisine while being able to focus on health, the environment, and avoiding cruelty to animals.

If you have never made tamales before, don’t worry. I know making tamales can be intimidating the first time, they are well known for being labor intensive, but it doesn’t have to be that way. With this book you will be able to prepare vegan tamales step-by-step easily. However, to really enjoy the process and make your life a little easier, make tamales with someone by your side. The repetition of the movements, the aroma, and the steam clouding up the windows can only lead to wonderful and heartfelt conversations. So throw a tamal-making party (*una tamaliza*) and enjoy!

Besos,

Dora Ramirez

WHY VEGAN?

MY JOURNEY

I must admit my journey into veganism was not an easy one. I was the person you least expected to go vegan (plant-based). My undying love for cheese and a good steak held me back for so long. One year, my husband and I decided to give it a try for Lent. It was only 40 days. We could do it, right? We did, but, when it was over, we went back to eating meat. The following year, we did it again, but this time something was different. I began having a health problem; doctor after doctor could not bring relief to my pain. Finally, in desperation, I decided to go vegan again. My health issue did not disappear like magic, but it improved immediately. When Lent was over, I decided to continue to be vegan, and over the following months my problem improved greatly. I was hooked.

Being born and raised in Mexico, it was only natural for me to want to apply veganism to my country's cuisine. However, I didn't get serious about it until my mom was diagnosed with diabetes. I kept trying to convince her that a plant-based diet could possibly reverse her type 2 diabetes, but the food that I was making was unappetizing to her. Imagine my Mexican *mamá* eating a tofu Vietnamese spring roll! That's when I began making vegan food that my mom actually wanted to eat, and after that my blog, [Dora's Table](#), transitioned into a vegan Mexican recipe blog.

There are many other reasons why someone would choose to be vegan: health concerns, a desire to protect the environment, or compassion towards animals. Regardless of the reason for it, if you are vegan or if you're thinking about making the change, I just want you to know that you can still enjoy food. I dare say, you will enjoy it even more!



MAKING TAMALES

THE DOUGH

I just wanted to mention that “tamal” is the singular form of “tamales” in Spanish, and “tamale” is the singular form in English. I have chosen to use the word “tamal” throughout the book. Multiple tamales are still called “tamales” in either language.

A basic tamal dough is made up of corn flour (masa), fat, liquid, and a leavener.

You can make tamales two ways: using fresh corn dough (also known as masa), made from corn that has been through the nixtamalization process, or using instant corn flour (most commonly known as masa harina.)

Fresh masa can be difficult to find but worth the effort. Check your local Hispanic/Latin market to see if it is available. When using fresh masa, buy the masa the same day you will be making your tamales. If left too long in the refrigerator, it can start to ferment and sour. If you are not able to use the masa on the same day, freeze it and defrost it a couple of hours before use. Tamales made with fresh masa are tender and have a more intense corn flavor. If fresh masa is not available, you can use masa harina.

Masa harina is a very finely ground corn flour. It is easy to use, easy to find, and still makes very good tamales. It can probably be found in your local grocery store. Maseca is the brand most readily available. [Bob's Red Mill](#) also makes it. There is a kind of [masa harina made specifically for tamales](#), which is not as finely ground as the one for tortillas. I have chosen to use the one for tortillas in most of my recipes because it is the one most readily available. Unfortunately, masa harina cannot be substituted successfully with cornmeal.

Whether you choose to use fresh masa or masa harina, letting the dough rest for 1 hour in the refrigerator will help hydrate the starch, resulting in a more tender dough.

TO PREPARE THE DOUGH

Prepare the Dough with Masa Harina



1. Beat the fat until it doubles in size.



2. Add baking powder, salt, and half the instant masa.

MAKING TAMALES

TO PREPARE THE DOUGH

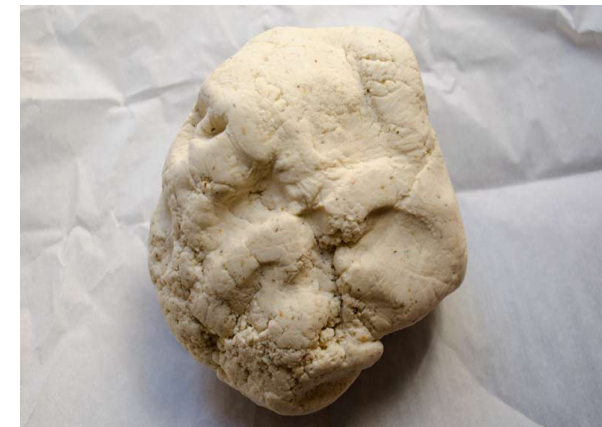


3. Add half of the vegetable stock and beat to incorporate



4. Add the rest of the instant masa and vegetable stock and mix. The dough should have the consistency of a thick cake batter.

Prepare the Dough with Fresh Masa



1. Buy fresh masa from a hispanic market.



2. Beat the fat until it doubles in size.



3. Add the salt, baking powder, and masa in two additions.



4. Add the vegetable stock. The dough should have the consistency of a thick cake batter.

MAKING TAMALES

FAT OR NO FAT?

Vegetable shortening is the easiest way to replicate the texture of tamales made with lard. Unfortunately, it is neither very tasty nor very healthy. (I have included recipes which use it only because it is easy to find, relatively cheap, and other forms of fat might not be readily available to everyone.) Make sure to beat it for at least 3 minutes for that light, airy texture. This instruction is also included in the recipe.

Coconut oil makes the tastiest tamales—even savory ones. You cannot taste the coconut flavor at all. The texture of the tamales is very similar to those made with vegetable shortening. Coconut oil is liquid when it is above 76°F and solid when it is below 76°F. When you place it in the refrigerator it gets rock hard. For tamal making, make sure the coconut oil is below 76°F so you can work with it. If your coconut oil is liquid and clear, place it in the refrigerator for 5 -10 minutes.

Olive oil also makes tasty tamales, but the texture changes significantly. The tamales are slightly denser than the ones made with coconut oil. Use regular olive oil, not extra virgin. Measure the olive oil when it is liquid. Then place it in the refrigerator for 10-15 minutes or until it solidifies.

Pumpkin puree is a great substitute for fat. I was pleasantly surprised at how well the tamales came out without any fat at all! The consistency of the tamal is definitely denser, but it is not dry. The dough comes out a little bit sweet, but it contrasts well with the spicy fillings in this book. Use unsweetened pumpkin puree, the kind you would buy to make pumpkin pie.

Visit the [Appendix](#) to find a ratio chart for making tamales, that will allow you to make substitutions without affecting the recipe.



LIQUID

Vegetable stock(broth) is used in almost all of the recipes in order to reconstitute the instant masa or adjust the consistency of the fresh masa. You can buy premade vegetable stock at the grocery store, or you can make it yourself.

Water can be used in place of vegetable stock in a pinch.

I use **almond milk** for the sweet tamales, but you can use any non-dairy milk.

The amount of liquid you will need might differ, depending on the humidity of where you live, and the altitude. Start with the amount listed in each recipe, but adjust the quantity of liquid according to your needs. Whether you choose to use vegetable stock or water make sure the liquid is warm when adding it to the dough.

LEAVENER

Leaveners are used to add small pockets of air into the dough, which improves the texture. In the US, the choice is limited to just baking powder. In Mexico, tequesquite is also an option.

Baking powder is the only leavener I would use with tamales, it is easy to find and use. You can make them without it, but the leavener adds small pockets of air into the dough that improves the texture.

Tequesquite is commonly used in Mexico as a rising agent for tamales, but it is not readily available in the US. Tequesquite is a mineral salt that combines chloride and sodium carbonate.

MAKING TAMALES

THE WRAPPER

The wrapping possibilities for tamales are endless. The most commonly used wrappers are corn husks, banana leaves, and leafy greens.

Corn husks are the most well-known tamal wrapper. You can use dry ones or fresh ones. You can find the dry husks at your local Hispanic/Latin market. Using the dry husks is more convenient; all you have to do is soak them in hot water. The fresh ones need to be cut off of several ears of corn. They do not need to be soaked. Using them results in very tender tamales. The corn husks are not meant to be eaten with the tamales.

Banana leaf-wrapped tamales are rectangular and infused with the distinct flavor of the leaf. You can find banana leaves in the freezer section of your local Hispanic/Latin or Asian markets. Keep them frozen until you are ready to use them. They defrost pretty quickly. You will need to cut them into rectangles and pass them over an open flame to soften them. The banana leaves are not meant to be eaten with the tamales.

Swiss chard leaves are the perfect tamal wrapper. They are big enough to hold a tamal and they are edible. If your Swiss chard leaves are fresh, you can wrap the tamales in them without cooking the leaves first. If your Swiss chard is not fresh, you will have to boil the leaves in salted water for 5 seconds, and plunge them in ice water to cool them down. Collard greens can also be used in place of Swiss chard. The swiss chard leaves are meant to be eaten with the tamales.

Parchment paper or Aluminum foil can be used successfully if no other wrapper is available.

WRAPPING THE TAMALES

There are several ways of wrapping a tamal. In Mexico they vary from region to region. I will be showing you 3 different ways: the overlap wrap, the pastel wrap, and the half-way wrap. Use the technique you feel the most comfortable with.

OVERLAP WRAP



1. Place the husk in your hand smooth side up.



2. Spread 2-3 tbsp. of dough onto the husk.



3. Form a 3 - 4 inch square, leave a border of at least 3/4 inch on each side.



4. Place 1 ½ tbsp. of the filling in the center of the dough.



5. Bring the two long sides of the corn husk together.



6. Roll the them in the direction around the tamal.



7. Fold down the empty tapered section of the corn husk.



8. Forming a closed bottom.



9. This will leave the top of the tamal open.

HALF-WAY WRAP



1. Place the husk in your hand smooth side up.



2. Spread 2-3 tbsp. of dough onto the corn husk.



3. Place 1 ½ tbsp. of the filling in the center of the dough.



4. Fold the right side of the husk towards the center.



5. Fold the left side of the husk on top, closing the tamal.



6. Fold down the empty tapered section of the corn husk.



7. Forming a closed bottom.



8. This will leave the top of the tamal open.

TYING YOUR TAMALES

It is not necessary to tie your tamales. Tying them just helps them maintain their shape as they are steaming. If you would like to save time, don't tie them, but your tamales might come out a bit mishapen. Cut 24 strips off a previously soaked corn husk. Tie the strip around the bottom of the tamal and tie a double knot.



PASTEL WRAP



1. Cut the banana leaves into 10"x 8" rectangles.



2. Spread 3 generous tbsp. of dough onto the banana leaf.



3. Forming 4 - 5 inch rectangle.



4. Place 1 ½ tbsp. of the filling in the center of the dough.



5. Fold down the top edge of the banana leaf, unfold.



6. Fold up the bottom edge of the banana leaf, unfold.



7. The dough should be encasing the filling.



8. Once again fold in the top and bottom of the banana leaf.



9. It should form a sort of pocket.



9. Fold back the open sides of the packet. 10. Ready!



TYING YOUR PASTEL WRAP

It is not necessary to tie your tamales. Tying them just helps them maintain their shape as they are steaming. If you would like to save time, don't tie them, but your tamales might come out a bit mishapen. Banana leaf tamales can be wrapped in foil, parchment paper, or tied with butcher's twine.



1. Fold a piece of twine in half and place under the center of the tamal.



2. Pass the two loose ends through the loop that formed by the twine.



3. Pull the two end of the twine up.



4. Pull the ends of the twine in opposite directions.



5. Flip the tamal.



6. Pull the ends toward the center of the tamal and tie in a knot.



7. Flip the tamal once more.



8. Pull the ends of the twine towards the center and tie in a final knot.

MAKING TAMALES

COOKING METHODS

Steaming is the best cooking method for tamales. There are special pots for this called tamaleras, but it is not necessary to have them. You can use any pot with a steamer insert. Fill the bottom of the steamer with water, but do not let it touch the steamer rack. The tamales take about 1 hour to cook. The tamales are done when the husks separate easily from the dough. Let them sit in the pot for 10 minutes after they are done cooking.

Baking tamales is possible. For example, the tamal casserole in this book is baked. To bake individually wrapped tamales, you must arrange the tamales in a large pot vertically and pour a ½ inch of water in the bottom. Cover the pot and place it in the oven at 350°F. This way the tamales steam in the oven. You have to replenish the water constantly to maintain the ½ inch of water.

SETTING UP YOUR STEAMER

To set up your steamer to cook banana leaf tamales, fill the bottom of the steamer with water, but make sure the water isn't touching the steamer rack. Place a banana leaf on top of the steamer rack. Line the wrapped tamales horizontally, laying one on top of the other. Place a banana leaf on top. Cover the pot and bring water to a boil.



TAMALES WRAPPED IN CORN HUSKS

To set-up the steamer for cooking tamales wrapped in corn husks, fill the bottom of the steamer with water, but make sure the water isn't touching the steamer rack. Line the steamer rack and sides of the pot with previously soaked corn husks. Place the tamales in the steamer vertically, leaning against the side of the pot, with the open end on top. Repeat this process until all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring water to a boil.



MAKING TAMALES

SERVING

Always, always serve tamales with salsa. A tamal without salsa is like a taco without a tortilla. Any salsa will do. Also, serve them right in their wrappers. Guests and family will love to unwrap the tamales themselves.

STORING

Remove your tamales from the steamer and lay them out on sheet trays. Let them cool completely. Place them in a large gallon freezer bag or container of your choice. They can keep in the refrigerator for 5 days. You can also store tamales in the freezer for up to 6 months.

REHEATING

You can reheat tamales in the microwave, on a griddle or grill, or by steaming them again until warm. To reheat frozen tamales, let them thaw out in the refrigerator overnight and then reheat them as you would the non-frozen tamales.

My favorite method of reheating tamales is on a griddle or *comal*. To reheat your tamales on a griddle, set it to medium-high heat. Place the tamales, still in their corn husks, directly on the griddle. Rotate every couple of minutes. It is important to mention that the corn husks will begin to burn before the tamal is completely warm. This infuses the tamal with a smoky flavor that I really enjoy.

WORKING AHEAD

The dough and the filling can be made up to 2 days before eating the tamales; just place them in the refrigerator until you are ready to use them. The wrapped, uncooked tamales can also be placed in the refrigerator one day before being cooked. You can also keep a stash of uncooked, wrapped tamales in the freezer and steam them whenever you want. You can have fresh tamales every day!

Tamales in 2 days: *Day 1*- Make the dough and filling, and place in the refrigerator. *Day 2*- Assemble the tamales and steam.

Tamales in 3 days: *Day 1*- Make the dough and filling, and place in the refrigerator. *Day 2*- Assemble the tamales, and store in refrigerator overnight. *Day 3*- Steam the tamales.



SAVORY



POTATO ADOBO TAMALES

Servings: 18-24 tamales

Time: 2- 3 hours

Ingredients:

Dough

- 1 ½ cups (8 oz.) Vegetable shortening
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups Vegetable stock or broth, warm
- 30 Corn husks, dried

Filling

- 1 ½ lb. Potatoes, peeled, cut into small dice
- 1 cup Peas, fresh or frozen
- 3 Ancho chiles, dry, deseeded
- 1 ½ Pasilla chiles, dry, deseeded
- 2 Garlic, cloves
- ¼ Onion, white
- ½ tsp. Cumin, ground
- ½ tsp. Oregano, dried
- 1 Clove, whole
- ¼ tsp. Cinnamon, ground
- ½ cup Vinegar, white
- ½ cup Chile soaking liquid

Preparation:

1. Soak the corn husks in hot water, in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
2. **To make the filling**, place the diced potatoes in a medium pot with salted cold water. Bring to a simmer and cook for about 6 min. or until the potatoes are slightly tender. When the potatoes are cooked, remove from the heat and pour the cup of peas into the water with the potatoes and let sit for 30 sec. Drain and set aside.
3. **To make the adobo**, bring a small pot of water to a boil. Remove the stems and seeds from the chiles and drop them into the water. Turn heat down to the lowest setting and let the chiles sit in the water for 10 min. Remove the chiles from the water and place in blender. Reserve ½ cup of the chile soaking liquid. Add the garlic, onion, oregano, cumin, cloves, cinnamon, white vinegar, and ½ cup of soaking liquid to the blender and process until smooth. Season with salt and pepper.
4. Pour the adobo on the cooked potatoes and peas, adjust seasoning, and mix well.

5. **To make the dough**, beat the vegetable shortening, on medium-high speed, with an electric mixer, until it has doubled in size and is nice and fluffy, about 3 minutes. Add the baking powder, salt, and beat for 1 minute to incorporate into the shortening.
6. Add half of the masa harina then add half of the vegetable stock. After it is completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed, until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary add more vegetable stock until you reach that consistency. Taste the dough, and add more salt if necessary. It should be a little bit salty.
7. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and rebeat it, adding enough liquid to get it to the consistency it had before.
8. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
9. **To set up your steamer**, fill the bottom with water making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
10. **To wrap the tamales**, pull 24 pencil thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3 - 4 inch square. Leave a border of at least ¾ inch on each side of the square.
11. Place 1 ½ tbsp. of the filling in the center of the dough. Bring the two long sides of the corn husk together, this will cause the masa to surround the filling, and roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center, and then fold the other long side on top.) Fold down the empty tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
12. **Place the tamal in the steamer vertically** leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales, when they separate easily from the corn husk it means they are done. If they are not done, steam for 10 more minutes and check again.
13. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only ¾ cup of vegetable stock. To substitute the vegetable shortening, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



MUSHROOM IN MOLE TAMALES

Servings: 12- 18 tamales

Time: 2 - 3 hours

Ingredients:

Filling

- 1 tbsp. Vegetable oil (optional)
- 1 ½ lb. Mushrooms, sliced
- 1 White onion, large, julienned
- 2 cups Mole sauce

Dough

- 1 ½ cups (8 oz.) Vegetable shortening
- 1.5 tsp. Baking powder
- 1 – 2 tsp. Salt, kosher
- 2 lb. Fresh masa (nixtamal)
- ¾ cup Vegetable stock or broth, warm

- 1 package banana leaves

Preparation:

- 1. To make the filling:** Heat 1 tbsp. of oil in a large sauté pan over medium-high heat. Add half of the mushrooms to the pan and let cook, stirring, until golden brown (about 5 minutes). Remove the mushrooms from the pan. Add the second half of the mushrooms and repeat.
- Remove the second half of the cooked mushrooms from the pan, and set aside. Add the onion to the hot pan and lower heat to medium and cook onion for 3-4 minutes or until tender and translucent. Add the cooked mushrooms back into the pan and stir.
- Pour mole sauce over the mushroom-onion mixture and let simmer for 2-3 minutes. Season with salt and pepper. Remove from heat and let cool.
- 4. To make the dough:** Beat the vegetable shortening, on medium-high speed with an electric mixer until it has doubled in size and is fluffy (about 3 minutes). Add the baking powder and salt. Beat for 1 minute to incorporate them into the vegetable shortening.
- Add the fresh masa to the bowl in two additions. After it is completely incorporated, add the vegetable stock. Beat at low speed, until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.

- For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
- 7. To prepare the leaves:** Unfold the banana leaves and cut into 10”x 8” rectangles, making sure there are no holes or rips in them. You will need 18 of them. Pass each leaf over an open flame until it becomes soft and pliable and changes color.
- 8. To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Place a banana leaf on top of the steamer rack.
- 9. To wrap the tamales:** Spread 3 generous tablespoons in the center of one cut banana leaf, forming a 4-inch to 5-inch rectangle. Place 1 ½ tbsp. of the filling in the center of the dough.
10. Fold down the top edge of the banana leaf over the dough a little more than halfway and unfold. Fold up the bottom part of the banana leaf and unfold. The dough should be completely encasing the filling.
11. Once again fold in the top and bottom sides of the banana leaves; this time, leave them folded. It should form a sort of packet. Fold back the open right and left sides of the packet. Repeat this process until you run out of dough and all the tamales ready to be steamed. [Tie the tamales](#) with kitchen twine or wrap them in foil.
12. [Place the tamal packets in the steamer horizontally](#), laying one on top of the other, with the folded part of the packets on the bottom. Cover with the remaining banana leaf scraps. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 50 minutes. Check the tamales. When they separate easily from the banana leaves, it means they are done. If they are not done, steam for 10 more minutes and check again.
13. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with masa harina, replace the fresh masa with 4 cups of masa harina and increase the stock to 4 cups. To substitute the vegetable shortening, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



SWISS CHARD TAMALES

This is one of my favorite tamales. Mixing the cooked Swiss chard with the dough changes the flavor of the tamal completely.

Servings: 12- 18 tamales

Time: 2 - 3 hours

Ingredients:

Dough

- 1 tbsp. Olive oil (optional)
- 1 White onion, finely chopped
- 3 Garlic, cloves, minced
- 3 cups Swiss chard, chopped
- 1 cup (8 oz.) Olive oil, cold *
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups Vegetable stock or broth, warm

Tomato Salsa

- 6 Tomatoes, large
- 2 Serrano peppers
- 2 Garlic, cloves
- 1 White onion, chopped
- 3 bunches Swiss chard, stems cut

Preparation:

- 1. To make the filling:** Heat 1 tbsp. of vegetable oil in a large sauté pan set at medium-low heat. Cook the onion for 2 to 3 minutes until it is tender and translucent. Add the garlic and cook for 1 minute more.
- 2.** Add the 3 cups of chopped Swiss chard to the pan, turn heat down to low, stir, and cover. Let cook for 3-5 minutes, until the Swiss chard has cooked down and is tender. Stir frequently. Season with salt and pepper, set aside, and let cool.
- 3. To make the dough:** Beat the olive oil, on medium-high speed with an electric mixer for 1 minute. Add the baking powder and salt; beat for 1 more minute to incorporate them into the olive oil.
- 4.** Add half of the masa harina to the bowl, pour in half of the vegetable stock, and beat to incorporate. After it is completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed, until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Add the cooked Swiss chard mixture to the dough and mix well. Taste the dough and add more salt if necessary. It should be a little bit salty.

5. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
6. **To prepare the wrappers:** Boil water in a large pot and fill a large bowl with ice and water. Cut out the thick bottom part of the center rib of the Swiss chard leaves. Drop the leaves in the boiling water for 5 seconds. Remove them from the pot and place them into the bowl with the ice water. Repeat this process until you have done this with all the Swiss chards leaves.
7. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack.
8. **To wrap the tamales:** Cut 24 pieces of aluminum foil or parchment paper into 8" x 8" squares. Take 2 Swiss chard leaves and spread them out on a cutting board, roughly forming a large rectangle. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the Swiss chard rectangle, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
9. Fold down the top edge of the leaf rectangle over the dough a little more than half way and press down slightly. Fold up the bottom part of the leaf rectangle and press down slightly. The dough should be completely covered by the leaves like a packet. Close the packet by folding back the open right and left sides of the leaves.
10. Place your wrapped tamal folded sides down onto the foil sheet. Wrap your tamal in the foil sheet, just as you wrapped the dough with the leaf rectangle. Repeat this process with the rest of the dough and Swiss chard leaves.
11. **Place the tamal packets in the steamer horizontally**, laying one on top of the other, with the folded part of the packets on the bottom. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the Swiss chard leaves, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. **To make the salsa:** While your tamales are cooking, boil water in a small sauce pot. Drop in the tomatoes and serrano peppers. Simmer for 3 to 5 minutes, until the tomatoes and peppers are tender. Place the tomatoes and peppers in the blender with the garlic and onion; blend until smooth. Season with salt and pepper. Bring the salsa to a simmer in a small sauce pot. Adjust the seasoning as necessary.
13. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.
14. Serve the tamales with the tomato salsa.

Chef's Notes:

* Measure your olive oil at room temperature, then place in the fridge until it has solidified. If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only ¾ cup of vegetable stock. To substitute the olive oil, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



PASILLA-BLACK BEAN TAMALES

Replacing fat with unsweetened pumpkin makes these tamales a healthy plant-based option.

Servings: 18-24 tamales

Time: 2 - 3 hours

Ingredients:

Filling

- 3 cups Black beans, cooked, drained
- 3 Pasilla chiles, dried, deseeded
- 2 Chipotle pepper, in adobo
- 3 Garlic, cloves
- 1/3 cup Vegetable broth or bean cooking liquid

Dough

- 1 cup (8 oz.) Pumpkin puree, unsweetened
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 1/2 tsp. Baking powder
- 1 1/2 tbsp. Salt, kosher
- 4 cups Vegetable stock or broth, warm
- 30 Corn Husks, dried

Preparation:

1. **To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
2. **To make the filling:** Bring a small pot of water to a boil. Remove the stems and seeds from the pasilla chiles and drop them into the water. Turn heat down to the lowest setting and let the chiles sit in the water for 10 min. Remove the chiles from the water and place in blender. Reserve 1/3 cup of the chile soaking liquid. Add the chipotle peppers, garlic, and 1/3 cup of chile soaking liquid to the blender and process until smooth.
3. Add the beans to the pasilla chile mixture in the blender and pulse 2-3 times to puree the beans. The beans should be chunky like the consistency of refried beans. Season with salt and pepper.
4. **To make the dough:** Beat the pumpkin puree on medium-high speed with an electric mixer for about 1 minute. Add the baking powder and salt; beat for 1 minute to incorporate into puree.
5. Add half of the masa harina then add half of the vegetable stock. After they are completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt accordingly. It should be a little bit salty.

6. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
7. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
8. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
9. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (1/4 inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least 3/4 inch on each side of the square.
10. Place 1 1/2 tbsp. of the bean filling in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center. Then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
11. **Place the tamal in the steamer vertically**, leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only 3/4 cup of vegetable stock. If you would like to make these tamales with fat, substitute the pumpkin puree with 8 oz. of coconut oil, vegetable oil or vegetable shortening.



POBLANO PEPPER & TOMATO TAMALES

Servings: 12 - 18 tamales

Time: 2 - 3 hours

Ingredients:

Filling

- 3 Russet Potatoes, diced
- 1 tbsp. Vegetable oil (optional)
- 1 White onion, thinly sliced
- 2 Garlic, cloves, minced
- 3 Poblano peppers, roasted, seeded, cut into strips
- 2 cans (14.5 oz./ea.) Diced tomatoes

Dough

- 1 cup(8 oz.) Pumpkin puree, unsweetened
- 2 lb. Fresh masa (nixtamal)
- 1 ½ tsp. Baking powder
- 1 - 2 tsp. Salt, kosher
- ¾ cup Vegetable stock or broth, warm
- 1 package banana leaves

Preparation:

- 1. To make the filling:** Place the diced potatoes in a small saucepot and cover with salted water. Bring water to a boil. Turn heat down to a simmer and cook potatoes and cook for about 6 min. or until the potatoes are slightly tender. Drain and set aside.
- 2.** Heat a large sauté pan to medium heat. Add 1 tbsp. of vegetable oil. Add onion and sweat for 2-3 minutes or until it is tender and translucent. Add garlic and cook for 1 minute. Add the poblano peppers and let cook for 1 minute more. Pour in the 2 cans of diced tomatoes and simmer for 4-5 minutes. Add the potatoes and mix well. Season with salt and pepper. Remove from the heat and let cool.
- 3. To make the dough:** Beat the pumpkin puree on medium-high speed with an electric mixer for about 1 minute. Add the baking powder and salt. Beat for 1 minute to incorporate into the pumpkin puree.
- 4.** Add the fresh masa to the bowl in two additions. After it is completely incorporated, add vegetable stock. Beat at low speed, until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.

5. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
6. **To prepare the leaves:** Unfold the banana leaves. Cut them into 10"x 8" rectangles. Make sure there are no holes or rips in them. You will need 18 of them. Pass each leaf over an open flame until it becomes soft and pliable and changes color.
7. **To set up your steamer:** Fill the bottom with water making sure the water is not touching the steamer rack. Place a banana leaf on top of the steamer rack.
8. **To wrap the tamales:** Spread 3 generous tablespoons in the center of one cut banana leaf, forming a 4-inch to 5-inch rectangle. Place 1 ½ tbsp. of the filling in the center of the dough.
9. Fold down the top edge of the banana leaf over the dough a little more than half way and then unfold. Fold up the bottom part of the banana leaf and unfold. The dough should be completely encasing the filling.
10. Once again, fold in the top and bottom sides of the banana leaf. This time, leave them folded. This should form a packet. Fold back the open right and left sides of the packet. Repeat this process until you run out of dough and all the tamales are ready to be steamed. [Tie the tamales](#) with kitchen twine or wrap them in foil.
11. [Place the tamal packets in the steamer horizontally](#), laying one on top of the other, with the folded part of the packets on the bottom. Cover with the remaining banana leaf scraps. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 50 minutes. Check the tamales. When they separate easily from the banana leaves, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with masa harina, replace the fresh masa with 4 cups of masa harina and increase the vegetable stock to 4 cups. If you would like to make these tamales with fat, substitute the pumpkin puree with 8 oz. of coconut oil, vegetable oil or vegetable shortening



GREEN BEAN & ROASTED GARLIC TAMALES

Servings: 18 - 24 tamales

Time: 2-3 hours

Ingredients:

- 1 lb. Green beans, cut into ½ in pieces
- 6 Garlic, cloves, unpeeled
- 3 Jalapeños
- 1 cup (8 oz.) Olive oil, cold *
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups (1 lb. 2 oz.) Masa harina
- 4 cups Vegetable broth or stock, warm

- 30 Corn husks, dried

Preparation:

1. **To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
2. Bring a large pot of salted water to a boil. Fill a large bowl with ice and water. Drop the green beans in the boiling water and let cook until slightly tender, about 1-2 minutes. Remove green beans from water and submerge in the bowl with the ice water. Once they are completely cool, drain and set aside.
3. Set broiler to HI. Place the garlic cloves and jalapeños on a sheet tray lined with foil, and set underneath the broiler for about 3 minutes. Flip the peppers and the garlic and let cook for 3 more minutes or until the peppers are blistered and dark and the garlic is soft. Chop the roasted pepper and garlic. Set them aside.
4. **To make the dough:** Beat the olive oil, on medium-high speed, with an electric mixer, for 1 minute. Add the baking powder, salt, and beat for 1 more minute to incorporate into the olive oil.
5. Add half of the masa harina to the bowl. Pour in half of the vegetable stock. Beat to incorporate. After it is completely incorporated, add the other half of the masa harina and the vegetable

stock. Beat at low speed until thoroughly mixed. Add the cooked and cut roasted peppers, garlic, and green beans to the dough and mix well. The dough should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.

6. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
7. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
8. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
9. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
10. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
11. **Place the tamal in the steamer vertically**, leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

* Measure your olive oil at room temperature; then place in the fridge until it has solidified. If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and only use ¾ cup of vegetable stock. To substitute the vegetable shortening, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



ROASTED POBLANO & CREAMED CORN TAMALES

A creamy filling of roasted poblano peppers and corn makes these tamales irresistible.

Servings: 18 - 24 tamales

Time: 2 - 3 hours

Ingredients:

Filling

- 5 Poblano pepper, roasted, peeled, seeded, cut into strips
- 1 tbsp. Vegetable oil (optional)
- 1 White onion, large, thinly sliced
- 2 Garlic, cloves, minced
- 3 ears Corn, kernels sliced off
- ½ cup Vegetable stock or broth, warm

- 30 Corn Husks, dried

Almond Crema

- ½ cup Almonds, raw
- 1 Garlic, clove
- ¾ cup Water
- ¼ cup Vegetable oil
- 1 tbsp. Lemon juice, fresh

Dough

- 1 cup (8 oz.) Coconut oil, room temperature
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups Vegetable stock or broth

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the filling:** Heat vegetable oil in a large sauté pan to medium heat. Add the onion and sweat for 2-3 minutes or until it is tender and translucent. Add corn, garlic, and ½ cup of vegetable stock. Cover and let steam until corn is tender, about 3 - 4 minutes. Add the poblano peppers and let cook for 1 minute more. Season with salt and pepper. Remove from the heat and let cool.
- 3. To make the almond crema:** Place the almonds, garlic, water, vegetable oil, and lemon juice in the blender and process until smooth. Season with salt and pepper. Pour the almond crema over the cooled filling and mix well.
- 4. To make the dough:** Beat the coconut oil on medium-high speed with an electric mixer for 1 minute. Add the baking powder and salt. Beat for 1 minute to incorporate into the coconut oil.

5. Add half of the masa harina to the bowl. Pour in half of the vegetable stock. Beat to incorporate. After it is completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.
6. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
7. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
8. **To set up your steamer:** Fill the bottom with water making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
9. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
10. Place 1 ½ tbsp. of the filling in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
11. **Place the tamal in the steamer vertically**, leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only ¾ cup of vegetable stock. To substitute the coconut oil, you can use 8 oz. of vegetable shortening or olive oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



ZUCCHINI & BLACK BEAN TAMALES

Replacing fat with unsweetend pumpkin makes these tamales a healthy plant-based option.

Servings: 18 - 24 tamales

Time: 2 - 3 hours

Ingredients:

Filling

- 1 tbsp. Vegetable oil (optional)
- ½ White Onion, thinly sliced
- 3 Garlic, cloves, minced
- 2 Mexican zucchini, large, diced
- 1 can (14.5 oz.) Black beans, drained
- 1/3 cup Sesame seeds, toasted, ground

- 30 Corn Husks, dried

Dough

- 1 cup(8 oz.) Pumpkin puree, unsweetened
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups Vegetable stock or broth, warm

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the filling:** Heat vegetable oil to medium heat in a large sauté pan. Add onion and sweat for 2-3 minutes or until the onion is tender and translucent. Add the garlic cloves and cook for 1 minute. Add the zucchini and cook until tender, about 3-4 minutes. Add the black beans and ground sesame seed and mix well. Let cook for 1 minute more. Season with salt and pepper.
- 3. To make the dough:** Beat the pumpkin puree on medium-high speed with an electric mixer for about 1 minute. Add the baking powder and salt. Beat for 1 minute to incorporate into puree.
4. Add half of the masa harina. Then add half of the vegetable stock. After it is completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.

5. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
6. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
- 7. To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
- 8. To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least 3/4 inch on each side of the square.
9. Place 1 ½ tbsp. of the zucchini filling in the center of the dough. Bring the two long sides of the corn husk together, this will cause the masa to surround the filling, and roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
10. [Place the tamal in the steamer vertically](#), leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
11. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only 3/4 cup of vegetable stock. If you would like to make these tamales with fat, substitute the pumpkin puree with 8 oz. of coconut oil, vegetable oil, or vegetable shortening



SALSA VERDE JACKFRUIT TAMALES

Servings: 18 - 24 tamales

Time: 2 - 3 hours

Ingredients:

Salsa verde

- 1 lb. Tomatillos, husks removed
- ½ White onion, chopped
- 3 Garlic, cloves
- 2-3 Serrano Peppers
- ¼ cup Cilantro, roughly chopped

- 30 Corn Husks

Filling

- 1 tbsp. Vegetable oil
- 4 Garlic, cloves, minced
- 2 cans (20 oz./ea.) Green jackfruit

Dough

- 1 ½ cups (8 oz.) Vegetable shortening
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 4 cups Vegetable stock or broth, warm

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the salsa verde:** Place the tomatillos and serrano peppers in a medium saucepot. Cover with water and bring up to a simmer over medium heat. Let cook for 10 – 12 minutes or until the tomatillos are cooked but not mushy. Transfer the tomatillos and chiles to the blender. Add the ½ onion, garlic cloves, and cilantro and blend until smooth. Season with salt and pepper. Set aside.
- 3. To make the filling:** Drain the jackfruit. Rinse and pat with paper towels. Cut out the core of the jackfruit (tip of the triangle pieces) and cut pieces in half. Heat 1 tbsp. of oil in a large sauté pan set to medium heat. Add minced garlic and cook for 1 minute, stirring often. Add the jackfruit and cook for 3 - 4 minutes or until it begins to brown. Pour in the salsa verde and reduce heat to low-medium. Simmer for 20 minutes or until jackfruit begins to break down and the sauce has thickened slightly. Use a fork to shred the jackfruit as it cooks down. Season with salt and pepper. Let cool.

4. **To make the dough:** Beat the vegetable shortening on medium-high speed with an electric mixer until it has doubled in size and is fluffy (about 3 minutes). Add the baking powder and salt. Beat for 1 minute to incorporate into the shortening.
5. Add half of the masa harina. Then add half of the vegetable stock. After it is completely incorporated, add the other half of masa harina and vegetable stock. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.
6. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
7. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
8. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
9. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
10. Place 1 ½ tbsp. of the filling in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
11. **Place the tamal in the steamer vertically,** leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only ¾ cup of vegetable stock. To substitute the vegetable shortening, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



RED CHILE JACKFRUIT TAMALES

I was very nervous about making these tamales. You see, these are inspired by the red chile pork tamales that are very popular in my home of northern Mexico. The jackfruit did not disappoint, however. They taste just as I remember them.

Servings: 18 - 24 tamales

Time: 2 - 3 hours

Ingredients:

Guajillo Chile Sauce

- 20 ea. (4 oz.) Chile guajillo, dry, seeded
- 3-4 Chiles de arbol, seeded
- 6 Garlic, cloves
- ½ White onion, chopped
- 2 cups Chile soaking liquid

Dough

- 1 cup (8 oz.) Coconut oil, room temperature
- 4 cups (1 lb. 2 oz.) Masa harina
- 1 ½ tsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 1 ½ tbsp. Cumin
- 3 ½ cups Vegetable broth or stock, warm
- 1 ½ cups Guajillo chile sauce

Filling

- 4 Garlic, cloves, minced
- 2 cans (20 oz./ea.) [Green jackfruit](#)
- 1 ½ cups Guajillo chile sauce

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the sauce:** Place the chiles in a small sauce pot and cover with water. Bring to a simmer over medium-high heat and let cook for about 10 minutes. Drain the chiles and reserve 2 cups of the soaking liquid. Place the chiles, garlic, onion, and soaking liquid in the blender and process until smooth. Season with salt and pepper and strain. You should end up with about 3 cups of sauce.
- 3. To make the filling:** Drain the jackfruit. Rinse and pat with paper towels. Cut out the core of the jackfruit (tip of the triangle pieces) and cut pieces in half. Heat 1 tbsp. of oil in a large sauté pan set to medium heat. Add minced garlic and cook for 1 minute, stirring often. Add the jackfruit and cook for 3-4 minutes or until it begins to brown. Pour 1 ½ cups of the guajillo chile sauce and reduce heat to low-medium. Simmer for 20 minutes or until jackfruit begins to break down and the sauce has thickened slightly. Use a fork to shred the jackfruit as it cooks down. Season with salt and pepper and let cool.

- 4. To make the dough:** Beat the coconut oil on medium-high speed with an electric mixer for 1 minute. Add the baking powder, cumin and salt. Beat for 1 minute to incorporate into the coconut oil.
5. Add half of the masa harina to the bowl. Pour in half of the vegetable stock. Beat to incorporate. After it is completely incorporated, add the other half of masa harina and vegetable stock and add 1 ½ cups of the guajillo chile puree. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.
6. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
7. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
- 8. To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
- 9. To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
10. Place 1 ½ tbsp. of the filling in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
11. [Place the tamal in the steamer vertically](#), leaning against the side of the pot, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
12. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only ¾ cup of vegetable stock. To substitute the coconut oil, you can use 8 oz. of vegetable oil or vegetable shortening. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



CORN & ZUCCHINI TAMAL CASSEROLE

Servings: 6 people

Time: 2 hrs.

Ingredients:

Filling

- 1 tbsp. Vegetable oil
- 1 cup White onion, finely diced
- 3 Garlic, cloves, minced
- 2 Ears of corn, cut into kernels
- ¼ cup Vegetable stock or water
- 3 Zucchini, cut into large dice
- 2 cups Tomato, diced (fresh or canned)

Dough

- 1 cup (8 oz.) Coconut oil, room temperature
- 3 cups (13.5 oz.) Masa harina
- ¾ cup + 1 tbsp. (4.5 oz.) Rice flour
- 1.5 tbsp. Baking powder
- 1 ½ tbsp. Salt, kosher
- 3 cups Vegetable broth or stock, warm

Preparation:

1. Preheat oven to 375°F.
2. **To make the filling:** In a large, heavy bottomed pot, set to medium heat, sweat the onion in 1 tbsp. of oil for 2 - 3 minutes until onion is translucent. Add corn, garlic, and ¼ cup of vegetable stock. Cover and let steam until corn is tender, about 3 - 4 minutes. Uncover, add zucchini, and cook for 3-4 minutes, until it begins to soften. Add tomato and cook for 2 minutes more. Season and reserve for later use.
3. **To make the dough:** Beat the coconut oil on medium-high speed with an electric mixer for 1 minute. Add the baking powder and salt. Beat for 1 minute to incorporate into the coconut oil.
4. Add the masa harina to the bowl. Pour in half of the vegetable stock and beat to incorporate. After it is completely incorporated, add the rice flour and the rest of the vegetable stock. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. Taste the dough and add more salt if necessary. It should be a little bit salty.
5. For a lighter and fluffier tamal casserole, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.

6. Grease an 8" x 8" baking dish and pour half of the batter into the bottom of the dish, spread evenly. Using a slotted spoon, scoop the zucchini filling on top of the batter and again spread evenly. Pour the rest of the batter on top to cover the filling.
7. Cover with foil and bake on the middle rack of your oven for 50 minutes. The edges of the dough should be lightly golden brown. Let sit for a few minutes to cool and serve immediately.



1. Take your filling



and your prepared dough.



2. Grease a baking dish and spread half of the dough on the bottom.



3. Top with your filling, making sure there isn't too much liquid.



3. Pour the rest of the batter on top, cover with foil, and bake.

Chef's Notes:

This dish does not do well reheated. Try to serve it immediately.

TAMAL VEGETABLE SOUP

This is a great way to use your leftover tamales. If there are any!

Servings: 4 people

Time: 30 min.

Ingredients:

- 1 can (14.5 oz.) Tomato, diced
- ½ White onion, chopped
- 3 Garlic, cloves
- 5 cups Vegetable stock
- 3 Zucchini, diced
- 3-4 Tamales of your choice
- 1 sprig Cilantro

Preparation:

1. Place the diced tomato, onion, and garlic in the blender and process until smooth. Strain.
2. Heat a large pot to medium heat and pour in the tomato mixture. Let cook for 1 minute or until the mixture is simmering and has changed to a darker red color.
3. Add the vegetable stock and cilantro sprig. Increase heat to medium-high to bring the soup to a simmer. Lower heat and simmer slowly for 10 minutes.
4. In the meantime, heat a large sauté pan or griddle to medium-high heat. Place tamales, still wrapped in cornhusks, directly onto the pan. Let brown and char for about 2 minutes on each side. Remove the corn husks and cut the tamales into bite-size pieces.
5. Drop the zucchini into the simmering soup and let cook for 3 minutes or until tender.
6. To serve, place a generous helping of cut tamales in each bowl and pour the soup over them.





SWEET CORN TAMALES

These tamales can be savory or sweet. The fresh corn makes them exceptionally tender.

Servings: 18 - 24 tamales

Time: 2 ½ hours

Ingredients:

- 10 ears Corn, with husks still attached
- ¾ cup Masa harina
- 8 tbsp. (4 oz.) Vegan butter, room temperature
- 2 tbsp. Sugar, granulated
- 1 tsp. Salt, kosher
- 1 tsp. Baking powder

Preparation:

- 1. To prepare the corn husks and filling:** With a large knife, cut off the ends of the corn cobs. Carefully peel the husks off without tearing and place them in a bowl with warm water. Rinse the corn and slice off the corn kernels. Reserve one cup of the corn kernels and set aside.
2. Place the rest of the corn kernels, masa harina, vegan butter, sugar, salt, and baking powder in the food processor and process for about 1 minute to form a thick puree.
3. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
- 4. To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
- 5. To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
6. Bring the two long sides of the corn husk together and roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.

7. [Place the tamal in the steamer vertically](#), leaning against the side of the steamer, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
8. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.



Chef's Notes:

These tamales can be sweet or savory. For savory tamales, serve them with [tomato salsa](#) and drizzle with [almond crema](#). For sweet tamales, sprinkle them with powdered sugar.



CHOCOLATE TAMALES

These tamales are my little boy's favorite. As the tamales steam, the chocolate chips inside them melt; so when you take your first bite, you will be met with velvety, warm chocolate.

Servings: 18-24 tamales

Time: 2 ½ hours

Ingredients:

- 1 cup (8 oz.) Vegan butter, room temperature
- 1/3 cup Sugar, granulated
- 4 cups (1 lb. 2oz) Masa harina
- 1 ½ tsp. Baking powder
- 1 tsp. Salt, kosher
- 1 ½ cups (9 oz.) [Mexican chocolate](#), ground
- ½ tsp. Cinnamon, ground
- 2 cups Almond milk, unsweetened, warm
- 2 cups Water, warm
- ½ cup Pecans, chopped
- 2 cups Chocolate chips, bittersweet
- 30 Corn husks, dried

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the filling:** Chop the Mexican chocolate into small pieces and grind to a powder in the food processor. If you don't have a food processor, you can grate the chocolate with a standard kitchen grater.
- 3. To make the dough:** beat the butter and sugar, on medium-high speed with an electric mixer until the butter has doubled in size and is nice and fluffy (about 3 minutes). Add the Mexican chocolate, cinnamon, baking powder, and salt. Beat for 1 minute to incorporate into the butter.

4. Add half of the masa harina. Then add the almond milk. After they are completely incorporated, add the other half of masa harina and the water. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more water until you reach that consistency.
5. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
6. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
7. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
8. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (1/4 inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least 3/4 inch on each side of the square.
9. Place 5-10 chocolate chips and a sprinkle of chopped pecans in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
10. **Place the tamal in the steamer vertically**, leaning against the side of the steamer, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
11. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only 3/4 cup of liquid. To substitute the fat, you can use 8 oz. of coconut oil. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



STRAWBERRY TAMALES

Servings: 18-24 tamales

Time: 2 ½ hours

Ingredients:

- 2 cups Strawberries, cut into chunks
- 2 cups Almond milk, warm
- 1 cup (8 oz.) Vegan butter, room temperature
- 1/2 cup Sugar, granulated
- 1 ½ tsp. Baking powder
- 1 tsp. Salt, kosher
- 4 cups (1 lb. 2oz) Masa harina
- 1 cup Water, warm
- 1 ½ cup Strawberry jam
- 30 Corn husks, dried

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the filling:** Blend the 2 cups of almond milk and 1 cup of the strawberries until smooth.
- 3. To make the dough:** Beat the butter and sugar on medium-high speed with an electric mixer until the butter has doubled in size and is nice and fluffy (about 3 minutes). Add the baking powder and salt. Beat for 1 minute to incorporate into the butter.
4. Add half of the masa harina. Then add the strawberry almond milk. After they are completely incorporated, add the other half of the masa harina and the water. Add the remaining cup of chopped strawberries and beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more water until you reach that consistency.

5. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
6. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
- 7. To set up your steamer:** Fill the bottom with water making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
- 8. To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
9. Place 1 tbsp. of strawberry jam in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the jam. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
10. [Place the tamal in the steamer vertically](#), leaning against the side of the steamer, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
11. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

If you would like to make these with fresh masa, replace the masa harina with 2 lbs. of fresh masa and use only 1 cup of almond milk. To substitute the fat, you can use 8 oz. of coconut oil. For tamales without fat, substitute with 8 oz. of cooked, unsweetened pumpkin.



PINEAPPLE COCONUT TAMALES

These are hands-down the best sweet tamales in the book. The addition of rice flour really lightens the texture of the tamales. My mom and I had been wanting to test this recipe with coconut oil. I'm so glad I finally got around to it!

Servings: 18 - 24 tamales

Time: 2 ½ hours

Ingredients:

Dough

- 1 cup (8 oz.) Coconut oil, room temperature
- 2 cups (9 oz.) Masa harina
- 1 ¾ cups (9 oz.) Rice flour
- ½ cup Sugar, granulated
- ½ tsp. Salt, kosher
- 1 ½ tsp. Baking powder
- 2 cups Almond milk, warm
- ½ cup Water, warm
- ½ cup Pineapple juice
- ¼ cup Pineapple, crushed, canned or fresh

Filling

- 2 cups Pineapple, diced, canned or fresh
- ¾ cup Coconut, shredded, unsweetened
- 30 Corn Husks, dried

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the dough:** Beat the coconut oil on medium-high speed with an electric mixer for 1 minute. Add the sugar, baking powder, and salt. Beat for 1 minute to incorporate into the coconut oil.
- 3.** Combine the masa harina and rice flour in a large bowl. Add half of the masa harina/rice flour mixture to the coconut oil and then add the almond milk. Beat to incorporate. After it is completely incorporated, add the other half of masa harina/rice flour mixture, the water, ½ cup of pineapple juice, and ¼ cup of crushed pineapple. Beat at low speed until thoroughly

mixed. It should have the consistency of a thick cake batter. If necessary, add more water until you reach that consistency.

4. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
5. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
6. **To set up your steamer:** Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
7. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough ($\frac{1}{4}$ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least $\frac{3}{4}$ inch on each side of the square.
8. Place 1 tbsp. of crushed pineapple and a sprinkle of shredded coconut in the center of the dough. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
9. **Place the tamal in the steamer vertically,** leaning against the side of the steamer, with the open end on top. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
10. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

To substitute the fat, you can use 8 oz. vegan butter. For tamales without fat, use 8 oz. of cooked, unsweetened pumpkin.



BLACKBERRY TAMALES

Servings: 18 - 24 tamales

Time: 2 ½ hours

Ingredients:

- 2 lb. Fresh masa (nixtamal)
- 1 cup Water, warm
- 2 lb. + 1 cup Blackberries, fresh or frozen
- 2 cups Sugar
- ½ tsp. Salt, kosher

- 30 Corn husks, dried

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the filling:** Puree the 2 lb. of blackberries in the blender until smooth. Strain the blackberry mixture and set aside.
- 3. To make the dough:** Place the fresh masa in a large bowl. Add the warm water. Mix together with your hands to dissolve and loosen the dough.
4. Place the dough in a medium saucepot and set to medium heat. Let the mixture cook, stirring constantly as it heats, for about 5 minutes. Do not let the mixture come to boil.
5. Once it begins to thicken, add the blackberry puree and sugar, and let cook for 5 minutes more. The mixture should have the consistency of a thick cake batter. Remove from the heat and let cool.
6. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.

7. To set up your steamer: Fill the bottom with water, making sure the water is not touching the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.
- 8. To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough (¼ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least ¾ inch on each side of the square.
9. Bring the two long sides of the corn husk together, and roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
10. **Place the tamal in the steamer vertically**, leaning against the side of the steamer, with the open end on top Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
11. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.

Chef's Notes:

Serve with fresh blackberries and a sprinkle of powdered sugar or top with coconut whipped cream.



LIME TAMALES

Servings: 18 - 24 tamales

Time: 2 ½ hours

Ingredients:

- 1 cup (8 oz.) Vegan butter, room temperature
- 1 cup Sugar, granulated
- 2 lb. Fresh masa (nixtamal)
- 1.5 tsp. Baking powder
- ½ tsp. Salt, kosher
- 2 tbsp. Lime zest
- ½ cup Almond milk, unsweetened, warm
- 30 Corn husks

Preparation:

- 1. To prepare the corn husks:** Soak the corn husks in hot water in a large pot or in your kitchen sink. Place a plate over them to weigh them down so they are completely submerged. Let them soak for at least an hour.
- 2. To make the dough:** Beat the butter and sugar on medium-high speed with an electric mixer until the butter has doubled in size and is nice and fluffy (about 3 minutes). Add the baking powder, salt, and lemon zest. Beat for 1 minute to incorporate into the butter.
3. Add the fresh masa to the bowl in two additions. After it is completely incorporated, add the almond milk. Beat at low speed until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more almond milk until you reach that consistency.
4. For lighter and fluffier tamales, let the dough rest for an hour in the refrigerator. Remove the dough from the fridge and beat it again, adding enough liquid to get it to the consistency it had before.
5. Remove the corn husks from the water and set on paper towels. Reserve the largest husks to wrap the tamales and the small ones to line the steamer.
- 6. To set up your steamer:** Fill the bottom with water, making sure the water is not touching the

steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.

7. **To wrap the tamales:** Pull 24 pencil-thin strips off of the corn husks and set aside. Take a husk and dry off the excess water on it with a paper towel. Place the husk in your hand with the tapered side away from you and the smooth side up. Using a spoon, spread 2-3 tbsp. of the dough ($\frac{1}{4}$ inch thick) onto the corn husk, forming a 3-inch to 4-inch square. Leave a border of at least $\frac{3}{4}$ inch on each side of the square.
8. Bring the two long sides of the corn husk together. This will cause the masa to surround the filling. Roll them in the same direction around the tamal. (If the husk is too small, fold one of the long sides towards the center and then fold the other long side on top.) Fold down the empty, tapered section of the corn husk, forming a closed bottom. This will leave the top of the tamal open. Tie with a corn husk strip to secure the bottom of the tamal.
9. **Place the tamal in the steamer vertically,** leaning against the side of the steamer, with the folded part of the tamal on the bottom. Repeat this process until you run out of dough and all the tamales are in the steamer. Cover them with a layer of corn husks. If the steamer is not full, fill the empty spaces with more corn husks. Cover the pot and bring the water to a boil. Turn heat down to medium and cook for 40 minutes. Check the tamales. When they separate easily from the corn husks, it means they are done. If they are not done, steam for 10 more minutes and check again.
10. Remove steamer from the heat and let sit covered for 10 minutes. Uncover and let cool for at least an hour. Don't be alarmed if the tamales seem really soft. As they cool, they will firm up.



Chef's Notes:

If you would like to make these with masa harina, replace the fresh masa with 4 cups of masa harina and increase the almond milk to 4 cups. To substitute the fat, you can use 8 oz. of coconut oil. For tamales without fat, substitute with 8 oz. of cooked, unsweetened pumpkin.

APPENDIX

This is for all the food nerds out there, a ratio chart for tamales.

Tamales made with Masa Harina

Makes 18 to 24 tamales,
Measurement by weight

Fat (vegetable shortening/olive oil/ coconut oil/ vegan butter/ pumpkin puree)	Masa Harina	Baking Powder	Salt	Liquid
8 oz.	18 oz.	1 ½ tsp.	1 ½ tbsp	4 cups

Tamales made with Fresh Masa

Makes 18 to 24 tamales,
Measurement by weight

Fat (vegetable shortening/olive oil/ coconut oil/ vegan butter/ pumpkin puree)	Fresh Masa	Baking Powder	Salt	Liquid
8 oz.	2 lb.	1 ½ tsp.	1 ½ tbsp	4 cups

To make sweet tamales reduce the salt and add between ½ - 1 cup of sugar.

The amount of liquid you will need might differ, depending on the humidity of where you live, and the altitude. Start with the amount listed in each recipe, but adjust the quantity of liquid according to your needs. Whether you choose to use vegetable stock or water make sure the liquid is warm when adding it to the dough.

ABOUT THE AUTHOR

Dora is the founder, recipe developer, and photographer at Dora's Table and Mi Mero Mole. Born and raised in Mexico and a graduate of the Culinary Institute of America in New York, she adopted a vegan (plant-based) diet to take control of her health. She is passionate about teaching others the benefit of a plant-based lifestyle while preserving the beauty and richness of the different regional cuisines of Mexico and what they represent.



You can find more of her recipes on [Dora's Table](#) or if you speak Spanish at [Mi Mero Mole](#).

THANK YOU

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