



CORN TAMALES

(Serves 10)

Recipe by Chef Carlo Contreras, LaFrida

Ingredients:

- 10 ears of white corn
- 350 grams of clarified butter
- 150ml of milk
- 1 pinch of salt
- 40 grams of sugar
- 300 ml of sour cream
- 10g of baking powder
- 200 grams of queso fresco*

Instructions:

1. Remove the husks and clean the corn thoroughly. Reserve the husks.
2. Shell the corn over a bowl.
3. Once ready, add the corn kernels, milk, sugar, baking powder and butter to a blender.
4. Blend the ingredients for a few minutes until thoroughly blended to form a loose and homogenous dough.
5. Wash the corn husks properly and soak them in hot water for a few minutes. Let fully dry.
6. To make the tamales, place a dried corn husk lengthwise in front of you. Spread 2-3 tablespoons of the mixture on the center of the husk, leaving about an inch-wide border to the left and right sides of the dough. Fold the excess husk on each side in towards the center, over the dough. Then repeat this fold with the top and bottom of the husk, fold both in towards the center over the dough, to form a sort of packet that will keep the filling inside the husk. Repeat the entire process with a new corn husk until the mixture is finished.
7. Line a steamer with the remaining husks to prevent the steam from directly contacting the tamales. Arrange the tamales seam side down, and cover.
8. Steam for 50 min.
9. When done, the tamales will separate easily from the husk.

When serving:

Remove the leaves and top to your liking with sour cream and queso fresco.

Buen provecho!

**Queso fresco is a white cheese from Mexico that can be found in most grocery stores.*