

Tamale Vegetarian Masa

I prefer to order masa preparada made with lard from a Mexican store for my tamales. It is a onerous job to whip the lard or shortening for masa, which is the traditional method. This masa utilizes canola oil rather than shortening, so it can be mixed very quickly. Use this recipe when you desire a quick vegetarian base for your tamales.

6 cups	corn masa flour (Masa Harina)	1 cup	canola oil
1 ½ tsp	salt	6 cups	water
1 Tbs	baking powder	2 Tbs	vegetable base mixed into water

- 1 In large mixing bowl, add corn masa flour, salt and baking powder. Add oil and then water or vegetable broth and stir. As you continue to stir, the masa will absorb more of the water and you will end up with a smooth paste like mixture.
- 2 Form a ¼ cup ball in your hand and press into wet corn husks. Add desired fillings. Roll up to enclose and tie ends.
- 3 Place tamales in a steamer and steam 30-40 minutes or until tamales pull away from wrappers.

Servings: 36

Yield: 36 small/medium size tamales

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 124 calories, 60 calories from fat, 6.8g total fat, <1mg cholesterol, 118.2mg sodium, 58.4mg potassium, 14.6g carbohydrates, <1g fiber, 0g sugar, 1.8g protein.

Source

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Author Notes

Prepared Masa Resources:

Ramona's

13633 S. Western Avenue

Gardena, CA 90249

310-323-1950

Amapola Markets amapolamarket.com

Northgate Markets northgatemarkets.com