

El Indio Mexican Restaurant

Tamale Assembly Instructions

Just remember to have fun and enjoy yourself!
Your Tamales will be great! Buen Apetito!

Preparation:

When preparing to make your Tamales make sure all your individual ingredients are ready ahead of time. Our MASA is prepared fresh seven days a week. It contains no additives or preservatives. You should make your Tamales the same day you buy the MASA. (Orders for MASA must be placed one day in advance.)

Prepare your beef, chicken, pork, vegetables, and/or cheese the day before and refrigerate. All ingredients should be cold or the same temperature as the MASA. If necessary, only put out a small quantity of meat in a bowl and refill when empty. Keep the rest in the refrigerator. Note: Adding sauce or gravy to your meat makes for moist Tamales.

The corn husk should be completely submerged in warm water until they are soft and pliable (up to one hour or more, or preferably over night). Drain and pat dry to remove any excess water.

Assembling:

Lay out the husk curved side up. Spread the MASA as evenly as you can onto the center of the husk. Place your filling down the center of the MASA. Equal amount of MASA and filling is recommended. Roll the edges of the husk together and fold the tapered end up. Place your Tamale up right along the folded edge. Squeeze the open end shut a little bit to compact your Tamale toward the folded end.

Steaming:

Place the Tamales in the top of steamer pot. Stand your Tamales up and place side by side. Over packing the steamer will cause your Tamales to cook unevenly. Note: Placing a small towel on the top of your Tamales when steaming will help your Tamales cook a little faster and keep the water from evaporating as quickly.

Fill the bottom of your steamer with hot water until the water touches the holes of the top section. Place the top section with the Tamales already placed inside on the lower pot with the water. Bring to a boil and then turn down to medium. Adding a coin to the water alerts you when the water is boiling and when the coin is quiet it will let you know when to add more boiling water. Never add cold water to an already steaming Tamale pot. Cold water will interrupt the cooking and make your Tamales tough.

The raw Tamales will take approximately 45 to 50 minutes to cook or until the Tamale can easily be pulled away from the corn husk. Frozen Tamales will take twice as long (90 to 100 minutes). Remove steamer from the heat. Let the Tamales rest for 10 to 15 minutes before eating (and so you don't burn your mouth).

Serving:

Serve your Tamales immediately. You should leave them in the pot in their husks to conserve their heat. Serve with salsa, enchilada sauce, chili, or plain.

Reheating:

When reheating an already cooked cold Tamale place in the steamer for approximately 20 to 25 minutes or until hot all the way through. When reheating a frozen cooked Tamale double the steaming time. You can reheat with a microwave by placing your Tamale in a Zip-Lock bag with three tablespoons of water. Seal the bag almost completely and cook for 2 to 3 minutes or until hot.

Storage:

All extra Tamales should be stored in a freezer storage bag and put in the freezer. Place your Tamales up right without putting any other items on top of them until they are frozen. You do not want your Tamales to flatten out or the insides to leak out the corn husk. Remember, our MASA contains no additives or preservatives. They will last in the freezer up to three months. (That is if you do not eat them all the first day.)