



HOLIDAY TRADITIONS

RECIPE | CHICKEN TAMALES

Makes 30 tamales

1 whole raw chicken, cut up in quarters
8 cups water
1 medium onion, quartered
3 garlic cloves, minced
3 1/2 teaspoons salt
3 cups red chili sauce
6 cups prepared masa
mixed with bacon fat, cumin, salt, garlic powder, and chili powder
Corn husks

In a 5 qt stock pot, bring chicken pieces, water, onion, garlic and salt to boil, then simmer for covered for 1 hour or until the chicken is cooked.

Remove the chicken from broth and allow both meat and broth to cool. Shred the meat using 2 forks or your hands, discarding the skin, bones, and fat from the chicken

In a large sauce pan, heat the red chili sauce and add the pulled chicken meat. Simmer covered for 10 minutes.

In the meantime, soak corn husks in warm water for at least 20 minutes; rinse to remove any corn silk and drain well.

To assemble each tamale, spread 2 tablespoons of the masa mixture on the center of the corn husk. Place about 1 tablespoon meat and sauce mixture in the middle of the masa.

Fold in sides of husk and fold up the bottom.

Place the tamales in a steamer basket, leaning them to each other, open side up. Place the steamer basket in a large pot. Make sure that the bottom of the steamer basket is not touching the bottom of the pot. If so, place a ball of foil in the bottom of the pot to make sure that the tamales aren't submerged in water. Add water to pot just below the basket.

Bring water to boil and reduce heat.

Cover and steam for 40 minutes, adding water when necessary. The masa is firm and the husk peels away clean when cooked.

To freeze these for future meals, leave them in the husks and place them in freezer bags. To reheat, thaw and wrap in a wet paper towel and reheat in the microwave for 2 minutes for one or two or re-steam them just until hot.



Our Chicken Tamales



The Disney Studio Lot Tree





STILL THANKFUL

RECIPE | RED CHILE SAUCE

Makes 4 cups

12 large dried chilies (such as California and guajillo)
4 garlic cloves
2 teaspoons ground cumin
1 teaspoon salt

Remove stems and seeds from dried chili peppers.
Place peppers in a single layer on a baking sheet.

Roast in 350°F oven for 2 to 5 minutes or until you smell a sweet roasted aroma, checking often to avoid burning.

Remove the peppers from oven and soak in hot water for about 30 minutes.

Put peppers and 2 1/2 cups of the soaking water into a blender, add garlic, cumin and salt.
Cover and blend until smooth.

Chef Tip:

When handling chilies, be sure to use gloves to protect your skin and avoid rubbing your eyes. Be sure to wash your hands thoroughly with soap and water to remove the oils from the chilies. You may have to wash your hands several times.

Toasting the dried chilies intensifies the flavor. Soaking the dried chilies in water softens them, making it easy to blend.



The Light Up the Season Team

CHEFS TIP

When handling chilies, be sure to use gloves to protect your skin and avoid rubbing your eyes. Be sure to wash your hands thoroughly with soap and water to remove the oils from the chilies. You may have to wash your hands several times.

Toasting the dried chilies intensifies the flavor. Soaking the dried chilies in water softens them, making it easy to blend.



*The Art of Making Tamales: BV Cook
Lucino, Chef Estevan,*

