

Leisure Learning
A Taste of Mexico - Class 5: Tamales
Ingredients list

PRODUCE

- 2 white onions
- 1 head of garlic
- 3 jalapeños
- 5 tomatoes
- 3 limes
- 1 bunch of cilantro

PROTEIN

- 500g cooked and shredded chicken

DAIRY

- 300g block of mozzarella cheese

BASIC COOKING INGREDIENTS

- canola oil
- non-stick cooking spray
- salt
- white sugar
- all-purpose flour

DRY GOODS

- 1kg masa harina / maseca
- 500g lard or shortening
- 250ml chicken stock
- 1 can chipotle peppers in adobo
- 500g dry black beans
- 250g tomato purée / coulis

FROZEN

- 1 package of banana leaves

OTHER INGREDIENTS/ MATERIALS

- **Please cook beans ahead of time**, recipe below (Frijoles de la Olla)
- A hand or stand mixer for this class
- A medium to large size steamer basket (similar to what you would use for vegetables)

Basic kitchen tools:

Kitchen knives, Spoons and forks, 2 rubber spatulas, 3 wooden spoons, 1 medium size whisk, Vegetable peeler, 2 small mixing bowls, 2 medium mixing bowls, 1 big mixing bowl, 1 pot (6 qt), 2 sauce pans (1qt and 2qt), 2 frying pans, 3 sheet pans, 2 cutting boards, 1 strainer, Parchment paper, Plastic wrap, Kitchen towels, Kitchen Scale, Paper towel, Access to an oven and stove, Serving dishes and plates

Special kitchen tools:

Tortilla press, Hand or Stand Mixer, Blender, Medium – Large Steamer basket
Optional: Electric flat top grill

Frijoles de la Olla

500 g Black beans (*previously soaked, see note)

1 onion

4 garlic cloves

Salt

Water

Procedure:

1. Add the beans to a pot.
2. Add water, make sure it covers the beans
3. Cut the onion in four parts and add it to the pot along with the garlic cloves and 1 tbsp of salt.
4. Cover the pot, bring to a boil and reduce to a simmer.
5. Cook for about 2 hours or until the beans are soft.
6. Taste the beans and add salt accordingly.

***Note: Soak the beans in hot water the night before you make the recipe so that the beans cook faster.**

****STORES WHERE YOU CAN FIND SPECIAL INGREDIENTS / MATERIALS****

Scoop and Save Fredericton: Dry chiles (guajillo, ancho), achiote, canned tomatillos, maseca, frozen banana leaves, tortilla press.

Atlantic superstore: Maseca

Sobeys: Canned chipotles in adobo

Victory Meat market & St Mary's superstore - Fredericton: Fresh tomatillos

Online orders:

Tiendita Express Canada: Dry chiles (guajillo, ancho), achiote, tomatillos, maseca.

Amazon: Tortilla press, dry chiles, canned tomatillos, achiote, maseca.

Other stores where you may find Latin American / Mexican ingredients:

Kilimanjaro African groceries - Moncton

Spice shop - Moncton