



FINCH + FENNEL

## Blue Corn Tamales

### INGREDIENTS:

- 2 c F+F Handmade Blue Corn Tortilla Mix
- 1 Tbsp Baking Soda
- 1 tsp Cumin (optional)
- 1 c Chicken or Veggie Stock, warm
- 4 Tbsp Butter, melted
- Corn Husks, soaked in water
- 1 c Ground Beef or desired protein, seasoned & cooked



### DIRECTIONS:

1. Place corn husks into a bowl with lukewarm water & let them soak for 20-30 minutes before using, to alleviate cracking of the husks. You can skip this step if your corn husks are fresh.
2. Place 2 cups of F+F Handmade Blue Corn Tortilla Mix into a mixing bowl.
3. Combine the baking soda & cumin with the tortilla mix.
4. Add in the water or stock & the melted butter, and stir until a paste forms.
5. Spread a scoop of the tamale paste directly onto the corn husk, leaving one inch at the bottom pointed part of the corn husk. The amount of masa will vary depending on your size of corn husk.
6. Add in your protein, about 1-2 tablespoons per tortilla, then fold the tamale husk over so the mix seals around the edges. Push down to seal, if needed.
7. Roll tamale husk over & wrap around itself, then fold the pointed part of the tamale behind it. Use a piece of an unstuffed corn husk to wrap around & keep securely closed.
8. Place in a large sauce pot fit with a steamer making sure all water stays below the steamer. Load in your stuffed & sealed tamales & steam for 25-30 minutes.

*Enjoy!*

