

# Peruvian Tamals



12 tamals



2 hours

Traditional tamal from southern Peru, typically served on Christmas Eve and the Epiphany, January 6th -

## INGREDIENTS

**Note:** Tamals take 1 to 1-1/2 hr to cook once assembled

3 eggs, hard boiled

12 Kalamata olives, pitted

1/2 c roasted peanuts

1 lb pork shoulder

1/2 onion, chopped

3 cloves garlic, chopped

1-1/2 tblsp aji panca (red chili paste)

salt and pepper to taste

4 c Ground Fresh Masa (not masa harina) - have extra for adjusting dough

2 c Lard

1 large onion

4 cloves garlic

1-1/2 tsp aji panca (red chili paste)

1/2 tsp black pepper

1 tsp salt

1 tsp paprika

1/2 tsp marjoram

1/2 tsp cumin

24 banana leaves for cooking

**Sarza (accompaniment)**

1 Red onion

1 Tomato

Cilantro

Jalapeño pepper

Red wine vinegar



## DIRECTIONS

1. Make the hard boiled eggs; rinse and cool. Shell and cut into vertical quarters for slices
2. **Pork Filling:**
  - Cut pork shoulder into cubes and brown in oil
  - Add chopped onion, garlic, aji panca, salt and pepper
  - Stir to blend, add water to cover (4 cups) and let simmer til tender
  - Reserve pork water for dough; shred meat as desired
3. Rinse and dry banana leaves; you will need 2 for each tamal plus "strings" to tie
4. **Making the Aji Panca:**
  - Aji panca can be made from dried aji marisol chiles
    - Roast 4 dried aji marisol chiles in a dry skillet
    - Place in bowl of boiling water til softened
    - Slit peppers to remove seeds and veins
    - Place chiles and some olive oil in blender to make paste

## NOTES

Fresh ground masa (found in refrigerated section of Latin markets) is the modern version of maize that was boiled with lime or wood ash to remove the husk and then ground for the tamal. Masa harina is dry corn flour, not used in this recipe.

## DIRECTIONS (CONT)

### 5. Making the tamal dough:

- Place 1-1/2 tsp chile paste in fry pan with 1 tbs olive oil, chopped onion, garlic, black pepper, salt, paprika, marjoram and cumin; fry but don't brown
- Add lard; once melted, add masa and stir constantly
- Stir in 3 c water from cooking pork; consistency should be like cake batter
- Cook down for 30 minutes until dough thickens; if too wet, add more corn; if too dry, add more broth/water
- Let cool to handling temperature

### To Assemble Tamals:

- Take banana leaf big enough to fold in both directions
- In the middle, spread tamal dough thick enough to hold meat
- Add meat, 2 olives, slice of hard boiled egg and some peanuts
- Add top layer of dough and seal edges
- Fold banana leaf horizontally, then vertically to enclose tamal like a present; use strings of leaves to tie together securely in both directions - again, like a present!

### To Cook Tamals:

- Tamals can be either steamed or boiled
- If steaming, stand tamals vertically so that steam envelopes the packages
- Cook for 1 to 1-1/2 hours until dough is set

Sarza is an accompaniment for almost all Peruvian dishes.

### Sarza

- Slice red onion vertically into slivers, place in bowl
- Add finely chop jalepeño pepper (amount depending on spiciness desired), chopped cilantro and chopped tomato
- Toss with red wine vinegar, salt and pepper to taste

To plate tamals, unwrap from banana leaf and place a spoonful of Sarza adjacent to it on plate. Garnish with more cilantro.



Dried Aji Panca Chiles



Fresh masa used for tamal dough