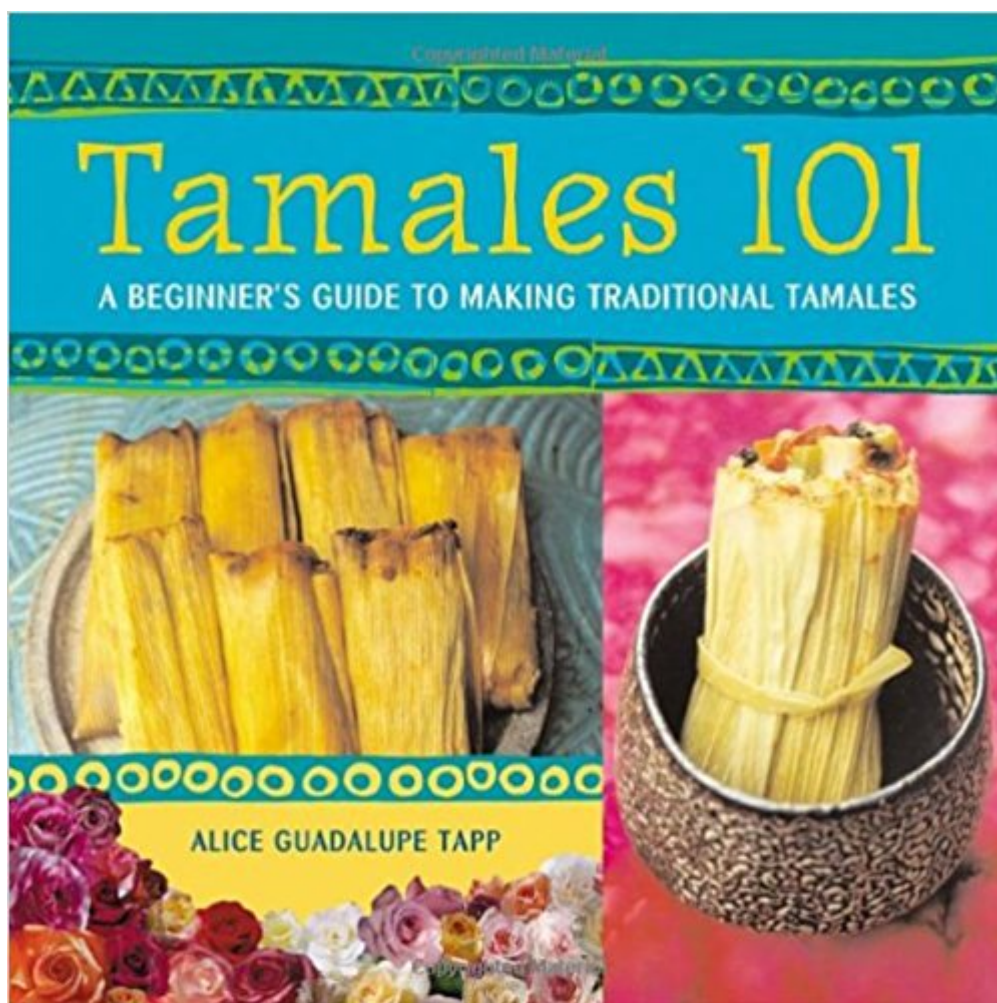


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Tamales 101: A Beginner's Guide To Making Traditional Tamales



Synopsis

Alice Guadalupe Tapp, co-owner of Tamara's Tamales, reveals the art of tamale making and imparts her knowledge and passion for this comforting treat in *Tamales 101*. *Tamales 101* will show beginners how to make masa dough as well as fold and steam tamales to perfection. Then, once you've mastered the basics, you'll be whipping up batches of Chicken Tomatillo, Chorizo Potato, Vegetable Curry, and Greek tamales in no time. With recipes for nearly 100 traditional, vegetarian, vegan, and specialty tamales and sauces, and 60 food and spot photographs and 15 illustrations showing, step by step, how to spread masa and wrap and tie tamales, *Tamales 101* will send you on a culinary adventure that's sure to delight and impress your guests.

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Customer Reviews

• Includes 60 food and spot photographs and 15 illustrations showing, step by step, how to spread masa and wrap and tie tamales. • At Tamara's Tamales, Alice and her daughter, Tamara, sell hundreds of tamales a day and have since 1996.

Every Saturday, when ALICE GUADALUPE TAPP was only seven years old, she'd help her grandmother make tamales to sell after Sunday mass. Now Alice is co-owner (with her daughter, Tamara) of Tamara's Tamales in Marina Del Rey, California.

I have actually been making tamales for a few years now ~ Nobody in my family made them, we

always bought them, but I was determined to learn how to make these wonderful little packages. I needed quality control since it was hit or miss when we bought them. I had a vague idea, but not much more than that, so I questioned family, friends and co-workers trying to find a relatively easy recipe that yielded great tamales. Alas, I had no luck UNTIL I found a website (in a completely different state) for what seemed like fantastic tamales. Google search tamaras tamales ~ The site labeled Welcome to Tamara's Tamales is where you want to click on. They had (still have) a recipe that I've been using since. I hand wrote it in my composition book of FAVORITE (tried with success) recipes . The masa was/is wonderful, flavorful and light. I use their filling suggestion (chicken verde) as well as use my own fillings with much success and LOTS of compliments. Well now I'm at that point where family, friends and co-workers think I'm the expert and seek my help and experience. So, I thought it was time for me to be more adventurous and expand my knowledge on this subject, as well as try completely new flavor combinations. I stumbled across this book here at . I actually found two books (the other will not even be mentioned, as it was terrible) and bought them both. They arrived quickly and I promptly read them both. From the first page I was thrilled. Alice Guadalupe Tapp shares the history of the tamale as well as her own personal history with the tamale ~ Something I personally enjoy. Well, on page nine, Alice references Tamara's Tamales ~ Now where had I heard that name before? The recipe that I pretty much use as my own, is actually Alice Guadalupe Tapp's!!! Alice provides a list of necessary equipment. She has diagrams of different folding techniques. She even explains which side of the corn husk to spread the masa on and why. She gives you a timetable of the best way to organize yourself, so making the tamales doesn't overburden you. She pretty much walks you through every phase and I promise, when your done, you are actually planning to make them again, that's how easy she makes it for you. Now, the actual recipes included in this book: MASABasic Fresh Masa ~ 30 cups of masa or 5 dozen tamales Masa Habina Masa ~ 12-18 cups of masa or 2-3 dozen tamales South American Cooked Masa ~ 4-7 cups of masa or 8-14 tamales or about 1 dozen tamales Fat Free Masa ~ 9 cups of masa or 1 1/2 dozen tamales Vegan Masa ~ 6 cups of masa or 1 dozen tamles Just a NOTE ~ The Masa Habina Masa can be easily halved and quartered ~ Also, the amounts of tamales each recipe produces is higher (at least in my experience) than that listed. A quarter of the recipe makes a good dozen easily ~ Perfect for dinner. I also freeze small batches of filling ~ About 2 cups as well as 1 cup of broth and then whip up a fresh batch of masa and make for dinner. If you figure 1 cup of broth to 2 cups DRY masa harina & 2 sticks of melted butter (which is more than she suggests, but my preference), this makes about 3 cups of "prepared" masa ~ I use about 1/4 cup masa per tamale, so this is a perfect dozen. Also, making them this way is so easy ~ You'll actually make

fresh tamales ALL THE TIME!!!! If someone has a great Gordita recipe ~ Please post it in the comments ~ I would love a great GORDITA recipe... SAUCES Salsa Verde Red Pork Chile Sauce Tomatillo Salsa Mexican Crema Oaxacan Mole Sauce Fresh Red Salsa Cilantro Pesto Sauce Veggie Sauce Grilled Tomato Jalapeno Salsa Caramel Sauce Chocolate Heaven Sauce TAMALES Family Chicken Tamales Beef Tamales with Red Chile Jalapeno Cheese Tamales Chicken Tomatillo Tamales Green Corn Tamales Red Pork Chile Tamales Chicken Verge Tamales VEGETARIAN & VEGAN TAMALES Green Chile Cheese Tamales Spinach Mushroom Tamales Veggie Special Tamales Potato Mole Tamales Grilled Veggie Tamales Tofu Red Chile Tamales Wild Mushroom Tamales Veggie Curry Tamales Black Bean Tamales Potato Red Chile Tamales Caponata Tamales SPECIALTY TAMALES Cilantro Pesto Chicken Tamales Chile Relleno Tamales King Crab Tamales Tamara's Special (Red Chile & Cheese) Tamales Pork, Green Chile & Potato Tamales Turkey Picadillo Tamales Greek Tamales Chicken Mole Tamales Chorizo Potato Tamales Sundried Tomato Pesto & Chicken Tamales Machaca Beef Tamales Sage Dressing Tamales Chiles en Nogada Tamales REGIONAL TAMALES Roasted Red Pepper Corundas Tamales Cubano Nacatamales Trinidadian (Trini) Pastelles Chicken Sinaloa Tamales Humitas Colombian Bollos Philippine Tamales Yucatecan Tamales Grilled Jalapeno Corundas Corn & Cheese Corundas Puerto Rican Pastelles El Salvadoran Tamales Beef Hallacas of Venezuela Cuban Tamales with Pork & Chorizo Green Banana Bimenas Brazilian Pamonhas Quezaltenango Potato Paches Zacahuiles LOW FAT TAMALES Low Fat Fresh Salmon Tamales Low Fat Tomatillo Chicken Tamales Low Fat Green Chile Tamales SWEET TAMALES Milk Chocolate Tamales Traditional Sweet Tamales Cinnamon Sugar Tamales Sweet Apple Tamales Pumpkin Tamales Tamales Dulces Bittersweet Chocolate Tamales Raspberry Chocolate Pecan Tamales This book has EVERYTHING you would want or need to make tamales. It's very well written, very easy to follow and pretty much fool proof. You will feel like an expert once you've made a few batches. One of the BEST things about this book (in my opinion) is that she tells you how to make small batches. As the only person in my household who makes tamales, I can tell you, I have no desire to make 50-60 pounds of tamales at one time (unless I get help). As a general rule, I want to make just enough for dinner ~ 2 or 3 dozen and since the recipe is so easy, we enjoy fresh, hot tamales at least once a month at my house. Of course she tells you how to make vast quantities as well. With all the recipe suggestions, I can't imagine ever needing another book ~ This book is now quite literally, my Tamale Bible. Again, I highly recommend this book!!!! Alice Guadalupe Tapp ~ Thank You, Thank You, Thank You!!!! It really is a GREAT book!!!

Thanks to "Tamales 101" by Alice Guadalupe, I am officially a tamale-maker. I worked on these for days: yesterday I made all the sauces and salsa, last night I slow cooked the beef, and the day before that I made a trip to La Tienda in Carlsbad for all the ingredients. This morning I got up early to bring the tamales into this world, and I was very confident until this afternoon. Thankfully, everything I encountered was fully addressed in this awesome book. After the masa passed the float test, it was time to assemble. Dang, I was suffering, y'all- I made a dozen ugly tamales before I got the hang of it. There is a whole science to the masa/ filling ratio (not to mention the ever present danger of not adding enough sauce before commencing to fold); however, I was triumphant, and the first tamale out of the pot was easily the best tamale I ever had (and that's saying a lot: I may have just fallen off the Tamale school truck, but I can assure you I've spent years eating them- and not just any old tamale, but the esteemed New Mexico tamales.). Thank you, Alice Guadalupe Tapp, you have given me AWESOME tamale powers!!!!

I've made traditional Mexican tamales for many years and was looking for some new fillings to try. The book is a good resource for those new to making tamales. The information on the equipment needed and the construction steps to make tamales are very thorough and easy to understand. I would recommend this book only for that reason. I wasn't impressed with the flavors of the sauces - too mild and some almost flavorless.

A couple of weeks before Christmas, I found myself facing a luncheon for 15 foodie friends for which I'd promised fresh tamales--and my promised helper, the only person I knew who had made them before, came down with the flu! I was on my own. Fortunately, I had Tamales 101 in hand. Got a few tips from a guy at the local Tamale Festival, but mostly I just devoured this book, took a deep breath, and started. My masa floated, the corn husks peeled off my tamales easily, and they were firm and delicious! I spent over three days cooking and ended up with a cornucopia of Red Chile Pork, Chorizo-Potato, Jalapeno and Cheese, and two kinds of dessert tamales, plus all the salsa and other trimmings. (I'd made enough to take to three other events, it turned out.) And I *enjoyed* myself doing it. Making tamales is both harder and easier than you might think. What's hard is the amount of time and effort, but what's easy is the routine you get into after making a few. The day of the luncheon, I taught an early guest how to fill and fold them (using the very easy foldover method illustrated in the book), and she taught everyone else who wanted to try a few. As they say, a good time was had by all. My tips and observations for those who want to give this a try: Get *very* organized in advance: ingredients list, timetable, list of accompaniments, etc. A large steamer is a

must (I used an oriental two-level steel one, but a Mexican one that looks like a canning kettle works well, too, and both are fairly inexpensive). An electric mixer is also a must. I used a hand mixer, but a stand mixer would have been easier. You *must* maintain several inches of boiling water in the pan (I just about burned mine out at one point), and it is possible to burn both hands at once if you use potholders instead of oven mitts to pick up the upper pan to check the water level. From the festival tamale maker, I learned that it's important to use all the lard called for (part can be butter or margarine) and also all the salt called for. I read somewhere else that much of the lard is absorbed by the husks, and I hope this is true. From the book, I learned to use fresh masa (easily available here in the southwest) rather than dry, and to whip the lard for at least 5 minutes and then the worked-in masa and broth for another 10 to 15 minutes, and also to use an ice cream scoop to measure the right amount of masa onto the husks/leaves. I won't be waiting until next Christmas to make more tamales, now that I know how easy and good they are. Just thinking of all the varieties in Tamales 101 that I haven't tried yet has me drooling. Give it a try!

Easy instructions.

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