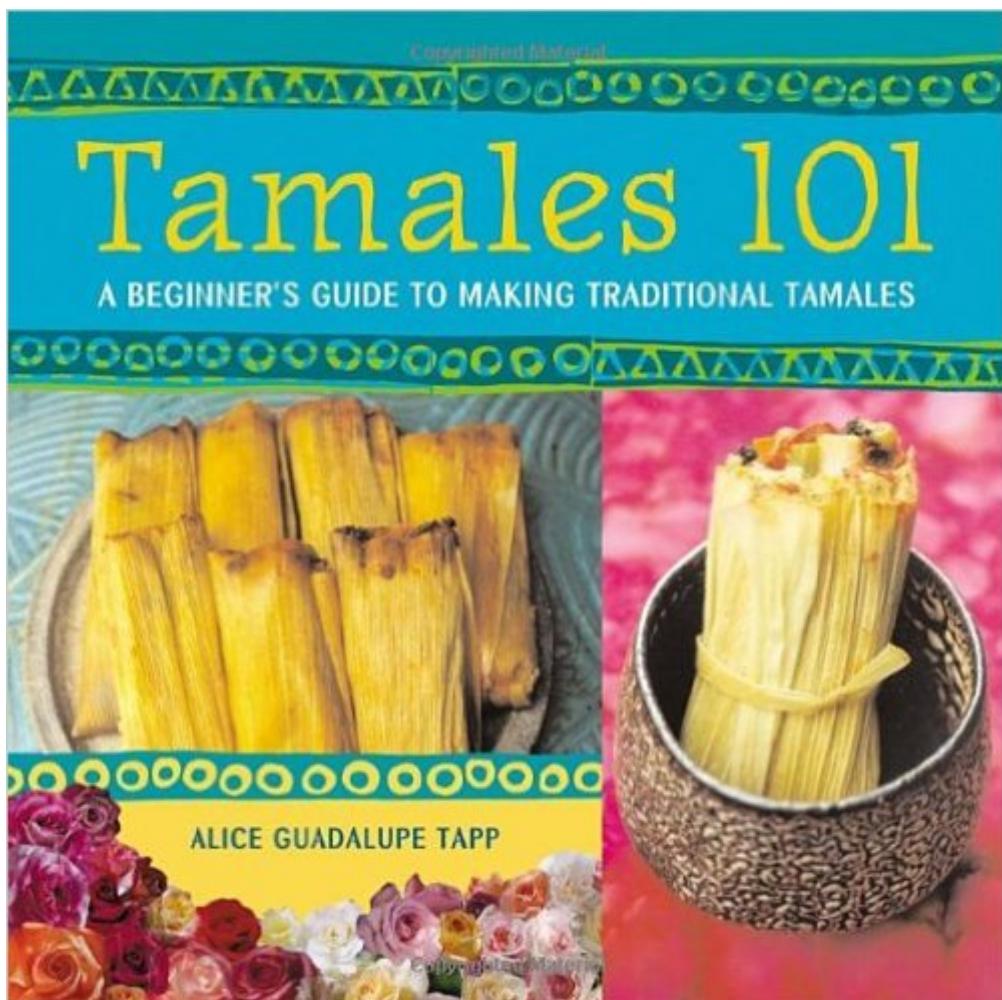


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# Tamales 101: A Beginner's Guide To Making Traditional Tamales



## Synopsis

Corn-husked bundles of fresh masa plump with wonderful combinations of sauces, meats, and vegetables. Tamales are a simple and delicious staple of Mexican and Southwestern cuisine. Alice Guadalupe Tapp has perfected the art of tamale making, and in *TAMALES 101* imparts her knowledge and passion for this comforting treat. *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, *TAMALES 101* will send you on a culinary adventure that's sure to delight and impress your guests. 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. *Reviews* "Graphically the book shouts 'olá!' with its vibrant colors and fun type." "The Kansas City Star

## Book Information

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## Customer Reviews

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.

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?

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