

Vegetable Tamales

Fire Roasted Enchilada Sauce

Makes about 10

Masa Filling Ingredients:

Masa Harina	6 oz
Purified Water	7 fl oz
Coconut Oil	2 oz
Baking Powder	½ tsp
Celtic Salt	pinch

Fire Roasted Enchilada Sauce Ingredients:

Makes about 1 ½ cups

Vegetable Stock	½ cup
Olive Oil	as needed
Tomatillos, whole husk removed	5 each
Roma Tomato, whole	1 each
Jalapeno Pepper, small dice	1 each
Onion, small dice	½ cup
Garlic, minced	2 cloves
Cumin	½ tsp
Chili Powder	½ tsp
Oregano	½ tsp
Agave Nectar	2 Tbsp
Lime Juice	few drops
Celtic Salt	to taste

Vegetable Tamale Ingredients:

Olive Oil	as needed
Onions, small dice	¾ cup
Poblano Pepper, small dice	¼ cup
Zucchini, small dice	1 cup
Fresh corn kernels	1 cup
Tomato, seeded, small dice	¾ cup
Chili Powder	¼ tsp
Cumin	¼ tsp
Oregano	1/8 tsp
Celtic Salt	to taste
Corn Husk	10 each
Enchilada Sauce	½ cup



Masa Filling Method:

- Combine all ingredients in a blender. Blend until smooth and fluffy. Cover; Reserve.

Fire Roasted Enchilada Sauce Method:

- Preheat oven to 350 degrees.
- Fire roast the tomatillos and whole roma tomato over an open flame until charred.
- Place them in oven safe dish and heat in oven to soften (about 15 minutes). Let cool. Coarsely chop.
- In a sauté pan heat oil. Sauté onions, jalapeno pepper and garlic for two minutes. Add spiced, tomatillos, tomatoes and agave. Cook until most of the moisture is evaporated. Place the mixture in a blender. Add vegetable stock in increments until a sauce consistency is obtained.
- Season with lime juice and salt.

Vegetable Tamale Filling Method:

- In a sauté pan, heat oil and sweat onions for 3 minutes. Add zucchini, peppers and corn. Cook until tender. Add tomato and enchilada sauce. Stir.
- Add spices and continue to sweat for 1 minute. Season with salt. Let cool.

Vegetable Tamales Method:

- Soak corn husks in hot water to soften. Drain thoroughly.
- To begin stuffing, lay husk horizontally on a work surface. Place approximately 3 tablespoons of masa in the middle of the husk and press flat to a 3 by 5 rectangle.
- Place a generous tablespoon of vegetable filling on top of the masa.
- Roll tightly so the edges of the masa fit together. Fold the excess husk under. The husk is to be on the outside of the masa only.
- Fold the smallest end under. A strip of husk can be used as a tie for a functional garnish if desired.
- Place each tamale in a steamer folded side down. Steam for about 40 – 50 minutes.
- To serve, gently open the husk and spoon in more filling. Additional enchilada sauce may be served as an accompaniment.