

Congratulations to the Grand Prize Winner of the Adult Division of the 2010 Columbia County Bounty Cooking Contest held at the Columbia County Fair

Jacqueline Stoddard of Valatie for her Chicken Tamales

CHICKEN TAMALES

Ingredients:

2 cups of maseca (corn flour) for tamales
2 cups lukewarm broth or water
1 teaspoon baking powder
1/2 teaspoon salt
2/3 cup lard or vegetable oil
1 pound of boneless chicken
32 oz. red mild salsa
16 corn husks



Method:

Combine maseca, baking powder, salt, broth or water, lard or oil and mix with your hands until dough is a spongy texture. Put aside.

In a small bowl, cut chicken in small pieces (chicken is already boiled) and mix with the salsa. Soak the corn husks for a few minutes and rinse. Spread masa evenly over corn husks. Place a tablespoon of chicken mixture in the center. Fold all sides to the center and place in steamer. Cover with a wet cloth and steam for approximated 1 hour.

Serves 6 – 8.