

# TAMAL DE GALLINA

## INGREDIENTS (15 portions):

- 3 lb Corn dough
- 1 1/2 lb Oil
- 6 Cups chicken broth
- Chicken
- Olives
- Chopped potatoes
- Capers

## RECIPE:

1. In a large pan, mix the dough with the previously strained chicken stock.
2. Place the dough in the pan while continuing to move and add the oil. Let it fry for 30 minutes until the broth is consumed, leaving a tender and green dough.
3. Place a portion of dough in the center of the leaf, without going over it.
4. Place a piece of chicken, potato, olives, and capers in the dough. Wrap and tie the leaf.
5. In a large pot, place two layers of leaves in the bottom, and then place the already made tamales. Pour water up to half the height of the tamales, and cover them with more leaves. Cover the pot and let them simmer for 40 minutes.
6. They will be ready when the sheet is sweaty.

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The word tamal comes from the Nahuatl tamalli which means wrapped. This delicious dish is of indigenous origin, prepared with cooked corn dough. There is no evidence of the main origin of the tamales, but they are attributed to the countries of Central America and Mexico.

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