

Authentic Chicken Tamales in Tomatillo Salsa Verde

⌚ Prep: 45m 🔥 Cook: 85m ❄️ Rest: 15m ⚡ Total: 145m 🍽️ 12 servings



Video ref: Jauja Cocina Mexicana (Janet)

MISE EN PLACE / INGREDIENTS [12]

- ☐ 4 cups Tamal-grind corn masa flour (Maseca Tamal)
- ☐ 1.25 cups Pure whipped pork lard
- ☐ 3 cups Warm chicken broth (for hydrating masa)
- ☐ 1.5 tsp Baking powder
- ☐ 2.5 lbs Poached shredded chicken breast
- ☐ 1 lb Husked green tomatillos
- ☐ 3 whole Fresh serrano chiles
- ☐ 0.5 medium White onion
- ☐ 3 cloves Fresh garlic cloves, peeled
- ☐ 0.5 cup Fresh cilantro
- ☐ 1.5 tbsp Kosher salt, divided
- ☐ 25 husks Dried corn husks (El Guapo)

🛒 US SUPERMARKET BRAND GUIDE

Corn Husks: El Guapo Corn Husks
Pliable, wide husks that fold easily without tearing. • 📍 Hispanic foods aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Husks & Green Sauce

⌚ 15 min

Soak husks in hot water. Simmer tomatillos, serranos, and white onion for 15 minutes, blend with garlic, fresh cilantro, and 0.5 tbsp kosher salt, then toss with shredded chicken.
✓ Checkpoint: Supple husks and juicy green chicken.
- 2

Whip Tamal Dough

⌚ 15 min

Beat lard with baking powder and remaining 1 tbsp kosher salt until white. Incorporate masa flour and warm chicken broth until a small ball floats in cold water.
✓ Checkpoint: Light fluffy masa.
- 3

Spread and Fold

⌚ 30 min

Spread 2 tbsp masa onto center of husk, spoon chicken verde, fold sides together and bend tail up.
✓ Checkpoint: Uniformly wrapped packets.
- 4

Steam to Perfection

⌚ 1.2h (70m)

Pack upright into steamer pot and cook over boiling water for 70 minutes, then rest 15 minutes off heat before unwrapping.
✓ Checkpoint: Husk peels away cleanly.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY

USDA Poultry Safety Minimum (≥165°F / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ **MASTER DONENESS CHECKPOINT:**
The corn husk unpeels effortlessly and cleanly from the hot tamal with zero sticking.

🔍 **WHY IT WORKS:**
The Floating Dough Test: Whipping sufficient air into the lard creates a masa ball that floats in cold water, ensuring featherlight steamed tamales.

⚠️ **TROUBLESHOOTING:**
Masa feels dense: Whip lard with a hand mixer for 5 additional minutes until double in volume.