



Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



Masa

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. In the TAMALE video, Maw Maw Gwen teaches Nonna and The Dessert Lady (Cindy) how to make homemade tamales which includes the masa, shredded pork, shredded chicken, refried beans, red sauce, green sauce, guacamole, assembling the tamales, and finally, cooking the tamales. To make it easier on yourself, you can limit what kind of tamales you make (such as making only bean tamales). The recipes are separated out into their own pages. We hope you enjoy these recipes!

Ingredients:

- 2 cups Maseca Tamal Corn Flour
- 1 & 1/3 cup chicken broth or water
- 1 tsp baking powder
- 1 tsp salt (See Note 1)
- 2/3 cup lard or Crisco (See Note 1)

Preparation: (See Notes 3 & 4)

1. Mix Maseca Tamal Corn Flour, baking powder, salt in a large mixing bowl.
2. Add chicken broth or water a little at a time mixing thoroughly to make a soft dough.
3. In a separate bowl mix or melt (heat) lard or Crisco until soft
4. Add lard or Crisco to the Maseca Tamal bowl a little at a time until the batter is smooth and slightly sticky.
5. Masa is ready when you can pat the batter without it sticking to your hand. (See Note 2)

Float Test (Note 1): You can conduct a float test by taking a small batter ball and seeing if it floats in a cup of cold water. If it does not float, add a salt and lard/Crisco mix until it floats (mix thoroughly before float testing). It is hard to know which or how much to add salt or lard/Crisco, so remember the batter should not be sticky nor lumpy.

Note 2: Mixing is a very time consuming step. You can use a mixer if you have one, or by hand if you do not. However, anticipate 45 to 60 minutes to get the batter properly mixed.

Note 3: As noted in the video, Maw Maw Gwen does not measure when making the masa. Nonna highly recommends you follow the measurements above or the directions on the Corn Flour Mix for the first few times until you get a feel for it.

Note 4: No matter what the directions on the corn flour mix, make sure you season the batter to your taste. MawMaw Gwen used green sauce, garlic powder, cumin powder, cayenne powder, black pepper, and lots of salt. I have no measurements for you as to spices, but you can taste test the batter. Nonna is a firm believer in taste tests to ensure food is seasoned properly! You can use other seasonings. Pretty much just season to your own preferences.

Nonna donates 50% of proceeds to JumpForTheRose.org.

