



# Nonna Snowden Cooks

Laugh Hard. Cook Good. Fight Breast Cancer.



## Tamale (Assembly & Cook)

Nonna Snowden recommends you visit her at [www.nonnasnowdencooks.com](http://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:** (Amounts depend on how much you cook. Also, see written recipes from Nonna Snowden Cooks website for pork, chicken, refried beans, and masa)

Corn Husks  
Masa  
Shredded pork with Chili Pod Red Sauce  
Shredded Chicken with Tomatillo Green Sauce  
Refried Beans  
Mozzarella or Goat Cheese

**Preparation:** (At this point watching the video may help understand how to spread the masa and fill and fold the tamales.)

1. Soak corn husks in hot water until they are soft and flexible
2. With the corn husks' rough side up, spread masa onto corn husk. Start in corn husks' center and spread toward the fat end. Spread to the sides. Masa spread should be even, but not overly thick.
3. Add fillings in the center. Don't over fill the corn husks.(see Note 1)
4. Fold the corn husks left and right in thirds (make sure the sides overlap).
5. Fold the pointy end backwards.

### Cook:

1. Steam for 1 to 1.5 hours. Check a tamale to ensure the masa is cooked through. If one is ready, the rest should be as well.

**Note 1:** For refried beans, add beans and either mozzarella or goat cheese.

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).

