

Red Chile Pork-less Tamales



While tamales are often served during the holidays and winter season, they can certainly be enjoyed year-round. They are often served with fresh pinto beans and/or calabacitas.

Soak the corn husks before using, according to directions on package.

Recipe yields 12-18 tamales, depending on how large you make them.

3 cups masa harina*

1 1/3 cups vegetable shortening

2 1/2 cups vegetable broth

1 tsp baking powder

20 oz can jackfruit

2 Tbsp oil**

3 Tbsp flour

4 Tbsp red chile powder

1 tsp garlic powder

1 tsp onion powder

12-18 corn husks

Salt to taste (optional)

*Also called corn masa flour

**Any oil will work, except olive oil and avocado oil are not recommended.

1. Make the red chile: In a medium sauce pan, heat the oil over medium heat. Add the flour and whisk together to make a roux. Add the red chile powder and whisk together. Slowly whisk in the water and whisk until there are no lumps. Mix in garlic powder and onion powder and salt to taste. Simmer for about 7 minutes. Remove from heat, cover, and set aside.
2. Make the filling: Drain the jackfruit in a colander and rinse well. Break up the jackfruit using either your hands or a fork, removing any stems or round inner pieces that don't break apart. Heat a little bit of oil in a skillet and add jackfruit. Sauté for about 4 minutes over medium heat. Slowly add about 3/4 of the red chile to the jackfruit and continue to simmer over low heat for another 10-15 minutes. Pour into a bowl and allow to cool while you prepare the masa.
3. Prepare the masa: In a large bowl beat the shortening until it is light. Add the masa harina, baking powder, and then the broth and continue beating until well blended and light. Cover and set aside.
4. Assemble the tamales: Add about 1/4 of a cup of masa onto a corn husk and spread out along the top 1/2 of the corn husk (on the wider side) leaving about 1/2 inch of space on each side. Add about 2 Tbsp of the filling into the center of the masa in a straight line. Fold the sides of the corn husk together and then fold the bottom half up.
5. Cook the tamales: Steam the assembled tamales for about 60-75 minutes. They are done when the corn husk easily comes off of the masa.