



Quinoa tamale with chicken



Source: Mariluz Tiocona Condori, Wiñay Warmi Association
“El camino de la quinua” cookbook, published by the Manuela Ramos Movement (Peru)

Makes: 20 tamales

Ingredients:

For the filling

600 g chicken breast
½ cup onion, finely diced
2 tbsp garlic powder
¼ kg black olives
4 tbsp yellow chilli powder
Salt
Oregano
Pepper

For the tamale dough

1 kg white maize flour
½ kg quinoa flour
400 g pork lard
5 eggs
1 tsp baking powder
1 cup chicken stock (approximately)
Salt

Preparation:

- Start by preparing the filling. Cook the chicken with salt, pepper and garlic. Cut into pieces.
- Prepare a seasoning with the garlic powder, diced onion, salt to taste and vegetable oil.
- Add the chilli powder and fry until golden brown. Then add the chicken in tamale portions and a small quantity of chicken stock until consistent in texture.
- To prepare the dough, place in a bowl the maize flour, quinoa flour and the eggs, one at a time, beating constantly.
- Add the lard and finally the cold chicken stock. Knead the mixture for 30 minutes until uniform.
- Soak the corn husks in lukewarm water and drain.
- Line the corn husks with dough, add the filling with its piece of chicken and olives.
- Close the tamales in their traditional shape and tie them with thick thread.
- Cook in bain-marie over low heat for about one hour.