

Kale and Mushroom Filled Sweet Potato Tamales

Ingredients

- 6 oz. package of corn husks
- 1 lb. sweet potato
- ½ cup vegetable shortening
- 4 cups masa harina
- 2 tsp. baking soda
- 1 tsp. salt
- 1 ½ tsp. dried coriander
- 2 tsp. ground cumin
- 1 small onion
- 1 lb. mushrooms (shiitake, cremini, button, or oyster)
- 3 cloves garlic
- 2 well packed cups of kale
- 1 tbsp. soy sauce
- Salt and pepper, to taste

Steps

1. Place your corn husks in a bowl of hot water to soften, leaving them there for at least 30 minutes. Peel your sweet potatoes, chop into large pieces, and place in a pot of boiling water and cook until easily pierced by a fork.

2. Start preparing your masa dough. Add the sweet potatoes and vegetable shortening to a bowl, and use an electric mixer to beat them together until the potatoes are fully mashed and the mixture is almost fluffy. Add the masa harina, baking soda, salt, coriander and cumin to a bowl and whisk together, before adding it to the sweet potatoes. Beat slowly, adding about half a cup of water little by little, until your dough has the consistency of a thick peanut butter. Beat on high for a few minutes to really incorporate everything well, and then place in a bowl and cover with plastic wrap or a damp kitchen towel to prevent drying.

3. Now let's get the filling going- dice the onion, finely chop the mushrooms, mince the garlic, and chop the kale into bite-sized pieces. Heat a small amount of oil in a skillet, and add the onion and garlic. Cook until the onions are slightly translucent, and then add the mushrooms. Cook for a few minutes, and then add the kale. Add the soy sauce, and season with salt and pepper. Cook until the kale is wilted, and then remove from the heat.



4. Start assembling your tamales. Lay a large husk (or a couple over-lapping smaller husks), with the outside side down. Add about a quarter cup of the masa to the wider half of the husk, and spread it to cover the top half. Add a tablespoon or two of the filling to the center of the masa. Fold the sides of the husks together the long way so they overlap. Fold the bottom, unfilled half up to meet the top half. Tear a long and thin strip of corn husk, and use it to tie the tamale shut. Repeat until you run out of husks, masa, or filling.

5. Steam your tamales in an instant pot or stovetop. Add a cup or so of water to the steamer or instant pot. Place the steamer rack on the bottom, and add all the tamales standing tightly together with the open-side up. On the stove top, steam for about an hour and a half. In the instant pot, cook for 25 minutes. Unwrap your tamales, and serve with your favorite salsa. Enjoy!