



SWEET POTATO TAMALES

YIELDS 24 TAMALES

Ingredients

- 3 ½ cups blue masa harina
- 2 cups hot water
- ½ cup avocado oil
- ¼ cup cold water
- 1 tsp salt
- 2 tsp baking powder
- corn husks
- 2 sweet potatoes
- 1tsp ground ancho chile
- 1tsp ground cumin
- 2 tsp salt

Directions

- Place about 24 corn husks in a large bowl and cover with very hot water, weight down with a plate to keep submerged.
- Combine masa harina and hot water in bowl of stand mixer fitted with the paddle attachment, or a mixing bowl with a hand mixer. Mix on low speed for 2 minutes. Add avocado oil and beat on medium for 2 more minutes. Add cold water, salt, and baking powder, beat on medium speed to fully incorporate.
- Set oven at 425°F. Wash sweet potatoes. set sweet potatoes on a sheet pan lined with parchment or foil. Roast until very tender, you should be able to poke a skewer or knife through each potato with no resistance, about 40 minutes.
- Remove the potatoes from the oven and set aside until they are cool enough to handle. Peel each potato; the peels should easily pull away from the flesh inside. Place the peeled potatoes in a mixing bowl, add ancho chile, cumin, and salt. Use a potato masher or fork to mash up the potatoes until you have an evenly chunky mixture and the seasonings are well distributed
- Place a 2 oz portion of masa toward the wide part of each corn husk. Use dampened fingers to spread the masa into a square about ¼ inch thick. Spoon about 1 oz of the sweet potato mixture in a line down the center of the masa. Fold masa around the filling, and place tamales standing upright, with the open end up, in a tamale steamer or pot set up with a steamer basket. Steam tamales for 45 minutes.