

# Kiwi Organics Cookbook

## fresh corn tamale

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### ingredients

- 10 ears fresh corn
- 1 teaspoon salt
- 1 teaspoon fresh ground black pepper
- ½ stick butter, melted
- 1 cup Kiwi Organics cornmeal, or as needed
- ½ cup Masa Harina, (corn flour)
- ½ pound Cheddar or Monterey Jack cheese, coarsely shredded
- 1 four-ounce can Ortega® diced green chilles.

Shuck corn, reserving a dozen or so large husks.

Wash husks and lay flat in a dish of water to keep moist. Remove silks from corn and cut corn off cobs deeply. A corn cutter can be used, but I stand each ear upright in a large shallow bowl and cut from top to bottom with a sharp knife.

The corn can be chopped in a food processor or blender. Grind the corn until it is doughy, though small pieces of fibre will remain. Season with salt, pepper and butter.

Stir in enough corn meal to form a dough that holds its shape when pressed in the hand. If too crumbly, add more butter or a little water.

Line a well greased 2 quart baking dish with corn husks, letting ends extend above rim. Spread a thin layer of the corn mixture over husks to anchor them.

Sprinkle cheese over corn, then distribute chilles evenly in baking dish.

Cover with remaining corn dough, fold husks over tamale, and press into top. Press additional husks into tamale.

Preheat oven to 350°C and bake until firm but not dry, about 45 minutes. If top dries out before tamale is set, cover with foil. Serve hot with barbecued meat or beans.

