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## *Duck Tamale*

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### **INGREDIENTS:**

6 CUPS MASA HARINA FLOUR  
3-4 CUPS CHICKEN STOCK  
4 OUNCES BUTTER  
2 TABLESPOONS SALT  
2 CUPS DUCK CONFIT, SHREDDED  
3 OUNCES OF DUCK FAT OR CANOLA OIL  
1 CUP ONIONS, MINCED  
1/2 CUP RED PEPPER, MINCED  
3 TABLESPOONS GARLIC, MINCED  
1 TABLESPOON BLACK PEPPER  
1/4 CUP SCALLIONS, MINCED  
4 TABLESPOONS CILANTRO, MINCED  
2-3 OUNCES LIME JUICE

### **DIRECTIONS:**

1. BRING THE CHICKEN STOCK AND BUTTER TO A BOIL IN A SMALL SAUCEPOT. REMOVE FROM HEAT AND SET ASIDE.
2. PLACE THE MASA IN A MIXER WITH A PADDLE ATTACHMENT OR A FOOD PROCESSOR. ON A MEDIUM SPEED, BEGIN ADDING THE BUTTER/CHICKEN STOCK AND THE SALT TO THE MASA. DO NOT WORRY ABOUT OVER-MIXING THE DOUGH, IT WILL NOT BECOME TOUGH. THE DOUGH SHOULD HAVE A PLAYDOUGH CONSISTENCY. PLACE DOUGH IN A BOWL AND COVER TIGHTLY WITH PLASTIC WRAP. STORE AT ROOM TEMPERATURE UNTIL YOU ARE READY TO USE. REFRIGERATE IF YOU'RE NOT USING FOR MORE THAN THREE HOURS.
3. HEAT A LARGE SAUTÉ PAN OVER MEDIUM-HIGH HEAT. ADD 3 OUNCES OF DUCK FAT OR CANOLA OIL TO SAUTÉ PAN. ADD THE ONION, RED PEPPER, JALAPEÑO, AND GARLIC TO THE PAN AND COOK UNTIL THE ONIONS ARE TRANSLUCENT.
4. ADD THE DUCK CONFIT AND MIX TOGETHER WELL, WHILE COOKING OVER A MODERATE HEAT.

5. REMOVE FROM THE HEAT AND SEASON WITH BLACK PEPPER. ADD THE CILANTRO, SCALLION AND LIME JUICE. STIR AND TASTE.
6. COOL THE FILLING BEFORE ASSEMBLING THE TAMALES.
7. ASSEMBLE THE TAMALES (SEE BELOW) USING CORNHUSKS AS THE WRAPPER OR BUTTERED ALUMINUM FOIL.
8. STEAM THE TAMALES OVER A DOUBLE BOILER FOR AT LEAST TWENTY MINUTES.

### **TAMALE TECHNIQUE:**

1. LAY THE CORNHUSK OR FOIL WRAPPER ON A FLAT SURFACE USING YOUR HANDS OR A RUBBER SPATULA. SPREAD THE MASA DOUGH IN 1/4" LAYER TO FORM A 3" X 5" RECTANGLE. TRIM THE EDGES AND SQUARE OFF WITH A KNIFE.
2. LAY 4 OUNCES OR 1/4 CUP OF THE DUCK FILLING DOWN THE CENTER OF THE DOUGH COVERING 1/3 OF THE SURFACE AREA.
3. BRING THE 2 WIDE ENDS TOGETHER TO ENCLOSE THE FILLING, OVERLAPPING THE CORN HUSK. MAKE SURE THE DOUGH FULLY ENCLOSES THE FILLING.
4. TIE THE ENDS WITH STRING OR STRANDS OF THE CORN HUSK.

### **TO ASSEMBLE THE WHOLE DISH:**

PLACE A HEAPING PORTION OF THE SPINACH SALAD ONTO SIX PLATES. PLACE THE STEAMING HOT TAMALES ON TOP OF THE SALAD, OPENING THEM SLIGHTLY IN THE MIDDLE. SQUIRT SOME CHIPOTLE VINAIGRETTE AROUND AND OVER THE TAMALE AND SALAD.

