

# Beans, Rice And Everything Nice



## Corn and Sweet Potato Tamales



original recipe by  
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### Ingredients

**makes about 16 tamales**

- 20 dried corn husks
- 1 orange sweet potato,  
baked, peeled, and diced
- 1/2 small yellow onion, quartered  
and sliced thinly
- 1 1/2 cups frozen corn
- 1 small or 1/2 large jalapeno,  
seeded and minced
- 1 green or poblano pepper, finely diced
- 1 cup chopped cilantro
- 2 cups Maseca  
(Maseca is now certified gluten-free)  
or corn masa
- 1 teaspoon ground cumin
- 1/8 teaspoon ground chipotle powder
- 1/2 teaspoon salt, if desired
- 1 - 1 1/2 cups water

1. When you are ready to start making the tamales, wash and soak the corn husks in hot water. Weigh them down with a large plate or bowl to keep them submerged while you prepare the tamale dough. Floated a couple extra corn husks on the top for making strips to use as ties. Set aside somewhere out of the way.
2. Heat a pot with a lid over medium heat. Add the onion and the corn, spreading it out to cover the bottom in a thin layer. Cover with a lid and let cook, without stirring, for 5 minutes. The corn and the onion will brown slightly.
3. After 5 minutes, lift the lid. Stir the onion and corn, and add a splash of water if you feel it needs it. Add the green pepper and jalapeno. Stir to combine and spread out over the bottom of pan. Cover with the lid and cook for 5 minutes. Check occasionally to see if you need to add more water. Don't add too much water. Keep the mixture fairly dry without burning.
4. When the peppers are cooked, turn off the heat. Stir in the sweet potato and cilantro. Set aside to cool.
5. Measure 2 cups of corn masa into a large bowl. Add the ground cumin and chipotle powder. Whisk to combine. When the cooked vegetables are cool enough to handle, add them to the masa and combine with your hands. Add warm water a little at a time until you get a soft, pliable dough. The dough is ready to use when you can form a soft, pliable, slightly sticky ball that doesn't stick to your hands. Set aside while you prepare the work space.

6. Start an assembly line with corn husks on one side, next, lay a towel down with the filling near by, and finally, a plate to put the wrapped tamales on before cooking on the other side.
7. Make 20 little strips from smaller soaked corn husks to use as ties. Set aside. Start forming the tamales by spreading a corn husk on the towel. Lightly pat the corn husk dry. Form a torpedo-shaped ball with about 1/4 cup of the dough. Press the ball down onto the centre of the corn husk and flatten it slightly. Fold the one side of the corn husk over, then fold the bottom up, the top down, then fold over the remaining side. Tie with one of the strips of corn husk and set aside. Continue until the remaining dough has been wrapped into parcels.
8. Put a metal steamer basket in the Instant Pot and add 3 cups of water. Squeeze all the tamales in the pot, standing up side by side. 16-20 tamales will fit just fine. Cover with the lid. Make sure the pressure valve is set to sealing. Press manual, and set the cook time to 35 minutes at high pressure. When the cooking time is done, press the cancel button and let sit for 15 minutes before releasing the pressure manually and opening the lid.
9. To check if they are ready, carefully remove one of the tamales and unwrap. The tamale should be firm and come away from the corn husk fairly cleanly. If it seems too wet, or gooeey and sticky, then wrap it back up, return it to the pot, and cook for 10-15 minutes more. A little stickiness is alright. The tamales will set up more as they cool.
10. When you are satisfied that the tamales are cooked, remove them from the pot and allow to set for about 10 minutes before serving.

