

**For information about
Howard County Farmers'
Market, events at the market
or demonstration garden or
how to become a market
vendor,
contact Market Managers:**

**Debra Bolding
(870) 557-2352 or
Glenda Rice
(870) 845-8859**

**or pick up an application packet at:
Nashville Chamber of Commerce
107 South Main
Nashville, AR 71852
(870) 845-1262**

**Visit the Farmers Market page
at the Chamber of Commerce
website at
nashvillear.com
and check the
Growing Healthy Communities
Calendar of Events at the
Chamber Website as well!**

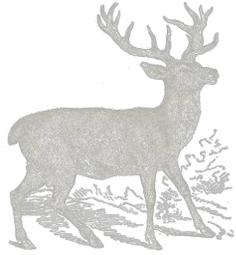


HOMEMADE TAMALES

Vickie Motta
Suprasistence Farm

October 26, 2012

**Howard County
Farmers' Market**



A Family Tradition . . .

My dad would go deer hunting every year in

November and pit bar-b-q his catch and then freeze it 'til early December.

That's when all my aunts and a few uncles and cousins would gather at my nana's house to make tamales. We would form a very long assembly line and make enough tamales to feed eight large families plus neighbors and friends for our Christmas and New Year's celebrations.

Today we buy beef and carry on the tradition with our eight children, making tamales just before the Christmas holidays. -

Vickie Motta

Tamales

Soak corn husks in warm water until pliable. Set aside and allow to drain.

Slow cook chuck roast (beef).

Season to taste.

Shred beef.

Add one 28 oz can heated enchilada sauce to beef, minus $\frac{1}{4}$ cup.

Mix masa dough according to package directions,

OR

2 cups corn meal

$\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp salt

$\frac{2}{3}$ cup lard (melted)

$1\frac{1}{2}$ cups warm water

$\frac{1}{4}$ cup enchilada sauce set aside from earlier (adds color to masa)

First mix all the dry ingredients together. Melt the lard and add it and the water to the dry ingredients. Mix thoroughly.

Assemble tamales

Spread the prepared masa mix across cornhusk.

Add 1 tbs of meat in center.

Tri fold and put the top end down.

Steam for about 1 hour.

Set aside to cool before eating.