



RECIPES

*From the kitchen of:
Blue Zones Project®*



BLUE CORN TAMALES WITH SWISS CHARD AND MANCHEGO

Created by Executive Chef Estevan Jimenez of Rancho Cielo Drummond Culinary Academy

INGREDIENTS:

8 ea dried corn husk	1 tsp salt	Salt and pepper to taste
1 ea fresh ear of corn	1 cup canola oil	10 ea New Mexico chile pods
3 cups maseca azul	2 ½ cup hot water	½ ea yellow onions
1 tsp ground cumin	1 bunch swiss char	2 ea clove garlic
1 tsp New Mexico chile powder (mild)	1 Tblsp olive oil	Water to cover
1 tsp granulated garlic	1 cup manchego cheese grated	

INSTRUCTIONS:

Start by placing the corn husks in tepid water overnight. If you need to soften the corn husks quickly, cover them with hot water and place a weight on top to ensure they stay submerged. After they are softened, drain, and set aside to dry.

Next dry roast the corn on the cob over a char broiler or bbq until the kernels are all caramelized. Let cool for a few minutes before cutting off the kernels with a sharp knife. If you do not have access to a grill you can remove the kernels first and sautéed over high heat or place the cut kernels on a sheet pan and bake in the oven at 450 degrees until caramelized.

In a medium sized bowl, place the maseca azul, chile powder, garlic, cumin, and salt together and mix until well incorporated. Then form a well in the center and place the canola oil. Mix thoroughly until it resembles wet sand. Add cut corn kernels and mix again. Lastly add most of the hot water. Using water as hot as it will come out of the tap will be sufficient. No need to boil water for this application. Mix thoroughly reserving the last two ounces. Cover with plastic wrap and allow the masa to hydrate as you make the filling. You may need to adjust the moisture content of the masa using the remaining two ounces.

Carefully clean, rinse, dry and chop one bunch of swiss chard. Be sure to exclude the tough part of the rib. Sautee quickly over high heat with 1 Tblsp olive oil. Allow to rest for a few minutes before squeezing

out as much moisture as possible. You should have about 1 cup of wilted swiss chard. Mix with the manchego cheese. Season with salt and pepper to taste.

Place one large corn husk in front of you with the point facing away from you, smooth side up. Be sure to check for which side is the smooth side and which side is the rough side. The ribs will also protrude on the rough side. Place 4 oz of the masa on the bottom 2/3 of the corn husk. Spread masa evenly over the bottom 2/3 of the corn husk. Next, place 2 ounces of the filling in the center of the masa and wrap. Once all 8 tames are wrapped, steam over low heat 45min -1 hour or until masa is firm and set. Allow to rest approximately 15 min.

While the tamales are cooking prepare the salsa. Remove the seeds and stems from the New Mexico chile pods. In a small pot place chile pods, onion and garlic and cover with water. Simmer over medium heat until everything is very soft. Drain water that was used for simmering and place all items in a blender. With blender on add fresh water little by little until the desired consistency is achieved. Allow to puree for a few minutes or until very smooth. Season with a pinch of salt.

After tamales are well rested and have cooled a bit unwrap and place one on a 10" plate. Spoon red chile salsa over the top or serve on the side. Enjoy.