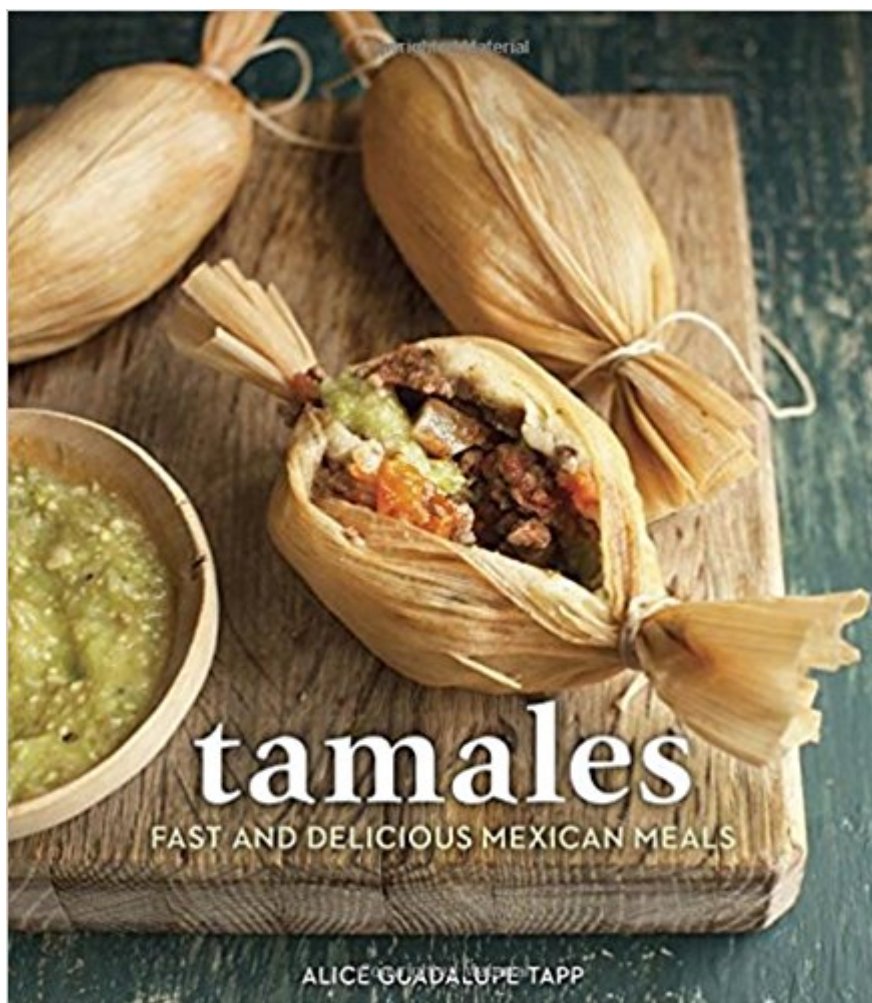


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# Tamales: Fast And Delicious Mexican Meals



## Synopsis

A cookbook for making delicious, inventive, and fast tamales using time-saving tips and tricks that simplify the prep-intensive traditional process. Tamales are a Mexican favorite, beloved year-round as well as at Christmas, when the whole family traditionally pitches in with the work of tamale preparation and assembly. Thanks to renowned tamalera Alice Guadalupe Tapp, it's now possible to enjoy these delicious treats with a lot less labor. Tapp has worked her tamale magic to turn the classic process on its head by paring it down to three to four steps that can be done in as little as forty-five minutes using handy tips, products, and tools. All sixty dishes in the book are naturally gluten free, and include both classic tamale recipes such as Chicken Mole, Sirloin Beef, and Fresh Poblano and Potato tamales and novel recipes such as Chorizo and Egg, Oxtail, and Baked Fig tamales. With this book, tamales are fast and easy enough to enjoy every day, and delicious enough to serve at any celebration.

## Book Information

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## Customer Reviews

"This is a fabulous, modern approach to the wonderful world of tamales, with easy to understand techniques and tasty, creative recipes." — Mark Miller, author of Tacos

When ALICE GUADALUPE TAPP was only seven years old, she began helping her grandmother make tamales to sell after Sunday mass. Now Alice is co-owner (with her daughter, Tamara) of

Tamara's Tamales in Marina Del Rey, California. She is the author of *Tamales 101*.

This is a cookbook that is undecided as to its focus. On one hand, it emphasizes the quick and easy ... using canned beef roast. On the other hand, it devotes a full chapter to offal - oxtails, tongue, and other 4+ hour projects. The discussion of corn flour/ corn grits / cornmeal/ polenta/ masa harina / masarepa / masa tamal is incomplete and of questionable accuracy. Alternatives to the tamales are often referenced but without instructions for shaping and cooking the masa. Recipes are given many alternatives - butter, shortening or lard, e.g. - but without any indication of how the choice affects the results. However, the many weaknesses do not result in a useless book. Rather reading the recipes gives a cook an understanding of how the traditional cook looks at a tamale, how they modify it to match the ingredients at hand, how they adapt it to new flavors and ingredients in a new environment. There are also a few specific recipes that caught my fancy - "Coconut Lime Corundas", "Bone Marrow Tamales or Corundas", "Albondiga Meat Tamales". But, no, I will not be trying "Oreo Tamales" in the foreseeable future.

If you need one book on tamales get this. Some recipes make large quantities but most are more practical amounts for a household. What I like best is the author/chef gives alternatives to ingredients which make the tamales and the quantities more user friendly. If you want just a dozen you can make a dozen and not worry about left overs or long sessions in the kitchen to cook vast amounts.

I used to eat tamales many times during the holidays as a child. Now having the recipe , was a great reminder of how they were made. Thank you so much !

This is a beautiful Book... as was her first one *Tamales 101*. Alice is knowledgeable and makes it easy to learn and seem like a pro.

Very nice recipe book. Great condition. Thank you

Good recipes

Brilliant!

Ok

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