



Bean and Cheese Tamales

INGREDIENTS:

1 tablespoon	canola oil
1/2	medium onion, chopped
2 cups	cornmeal
1 tablespoon	chopped garlic
1 teaspoon	baking powder
2	(15-ounce) cans black beans, drained and rinsed
1/2	stick cold unsalted butter, cut into cubes
1 tablespoon	hot sauce
1 cup	chicken broth
1 teaspoon	chili powder
to taste	salt and freshly ground black pepper
1/2 cup	grated Monterey jack cheese

METHOD:

Put oil in small skillet over medium heat. Add onions and cook until softened, about 5 minutes. Add garlic and cook for 30 seconds. Add beans, hot sauce, chili powder and season with salt and pepper to taste. Stir to combine and cook until heated through, about 5 minutes. Set aside to cool slightly. In large bowl combine cornmeal, 1 teaspoon salt and baking powder. Cut butter into cornmeal using fork or pastry blender. Add broth little at a time until dough comes together. Mix in cooked onions and garlic mixture. Cut parchment paper into 8 (8 by 8-inch) squares. Spread 1/3 cup tamale dough onto center of paper and lightly press into circle. Put heaping tablespoon of beans on top with tablespoon of cheese. Bring 2 corners of paper at ends of rectangle up to encase beans and cheese with tamale dough. Fold corners together. Fold other sides over to cover seam and turn right side up. Continue this process with the remaining dough and filling. Put steamer basket into large pot and add enough water to come just below the basket. Cover pot and put over medium-low heat to bring the water to simmer. Put tamales in steamer basket. Cover and steam tamales until dough is cooked through, about 1 hour. Remove tamales from paper wrapping and serve warm.