



Chickpea Tamales

Costa Rica | Difficult | 2-3 hours | 8/10 servings | *Soup*



Ingredients

Banana leaf	30 units	Carrot	450 g
Tamale tie	30 units	Cabbage	450 g
Chickpea, dry	500 g	Garlic	60 g
Onion, chopped	330 g	Celery	40 g
Chicken breast	300 g	Coriander	20 g
<i>(cooked with spices)</i>		Pepper	5 g
Pork ribs	500 g	Hot pepper	3 g
Red pepper	440 g	Table salt	10 g
Green bean	450 g	Cooking oil	40 ml



Tools and equipment

- ~ Stainless steel cooking pot or saucepan
- ~ Stainless steel frying pan
- ~ Wooden spoon or other stirring tool
- ~ Glass or stainless steel blender



Directions

Preparation of dough

- 1 Cook chickpeas with the ribs, 30 g of onion, 220 g of chopped pepper, celery, garlic, water and salt, until tender (medium heat). Save the broth for later use.
- 2 Remove the fat and bone from the ribs. Blend everything.
- 3 Chop and sauté remaining onion and red pepper in hot oil (120-140°C and never exceeding 180°C).
- 4 Mix it with chickpea blend while adding 250 ml of broth. Add hot pepper. Cool the dough.

Preparation of meat stuffing

- 5 Cut green beans, carrots and cabbage into strips. Sauté until tender. Add salt and pepper.
- 6 Cut cooked chicken breast and mix with vegetables. Season with hot pepper.

Preparation of tamales

- 7 Make tamales with 80 g of dough, 20 g of stuffing and a spring of cilantro on a clean banana leaf.
- 8 Wrap and tie securely. Cook with steam for 30 minutes in salted water.