








Maize & Sweet Potato Tamales

Disney's Animal Kingdom Lodge

Jiko

Ingredients - Maize for Tamales

-  9 ounces maize or masa flour
-  3 cups whole milk
-  16 ounces water
-  1 cup Cheese mix (Kraft Italian cheeses works)
-  1/4 cup whole butter
-  1/8 cup white truffle oil
-  Kosher Salt and fresh ground black pepper to taste



Directions

1. Bring the liquids to a boil in a stainless steel sauce pan.
2. Add maize and mix well.
3. Add cheese and mix well.
4. Add butter and mix well.
5. Season with kosher salt and fresh ground black pepper.
6. Add truffle oil and fold in the mix.
7. Blend the entire mix in a bar blender until smooth.
8. Pour into a small pan and let the mix chill down.
9. When ready to continue, cut the maize into 1 inch by 2 inch squares.

Ingredients - Sweet Potatoes for Tamales

-  1/2 pound peeled sweet potatoes

Directions

1. Drizzle white truffle oil
2. Kosher salt and fresh ground black pepper to taste
3. Boil sweet potatoes until soft and then drain the water out.
4. Mash the potatoes with a whisk and fold in the white truffle oil.
5. Adjust seasoning with kosher salt and fresh ground black pepper

Directions to Assemble - Maize and Sweet Potato Tamales

1. 1 each recipe for Maize
2. 1 each recipe for sweet potatoes
3. 16 each corn husks, shaped like a boat, tied at both ends
4. 1 cup crumbled goat cheese
5. 1/2 cup herb butter (butter mixed with chopped herbs)
6. Take the little corn husk boats and lay them out on the kitchen table.
7. Lay one piece of the Maize in the center of the corn husk.
8. Place a small amount of herb butter, or regular butter if you do not have the herb butter, right on top of the Maize.
9. Place a large dinner spoon full of the truffle sweet potatoes on top of the butter.
10. Sprinkle the crumbled goat cheese on top of the sweet potatoes.
11. Place the tamales on a cookie sheet tray.
12. In a pre-heated oven to 400 degrees, warm up the tamales until they are hot in the center and the goat cheese has become golden brown.
13. Remove from oven and serve immediately.

