

Read the description of the Nacatamal and answer the questions that follow.
Complete the additional activities to deepen your understanding of this traditional dish.

Nacatamal is a large tamale made with corn dough (masa) that is filled with pork or chicken, rice, potatoes, tomatoes, onions, and a variety of seasonings, including garlic, pepper, and achiote (a red spice). The ingredients are wrapped in banana leaves and then steamed or boiled for several hours. Nacatamales are traditionally eaten on weekends and during celebrations.

Ingredients

- a) What are the two types of meat that can be used in a Nacatamal?
- b) Name three vegetables used in a Nacatamal.

Cooking Method

- a) What is used to wrap the Nacatamal before it is cooked?
- b) How is the Nacatamal cooked after it is wrapped?

- a) On which days of the week is the Nacatamal commonly eaten?
- b) Name one occasion or event when Nacatamales are commonly prepared.