

Types of Guatemalan Tamales

The word “tamal” _____ the Nahuatl word “tamalli,” meaning _____, and by now, you must have _____ there are many variants of the same dish. The differences are in the _____ used for wrapping, the size, _____, and even the _____ method.

You can make the “masa” or _____ using corn, _____, potatoes, or a _____ of these. The stuffing and *recado* or sauce can vary from savory and _____ to sweeter versions using _____, nuts, and fruits. Some tamales are wrapped in _____ leaves, while others use _____ husks. The most common Guatemalan tamales _____:



- **Tamales Colorados (red):** This well-known dish has corn-based dough _____ with pork or chicken _____ and a savory *recado* (red sauce). It is garnished with _____ olives and sweet _____ peppers and _____ wrapped in banana leaves.
- **Tamal Negro (black):** Thanks to its sweet Mole-style _____ made from chocolate, it is a _____ and sweeter version than its red counterpart. The stuffing is filled with _____, turkey, or pork meat and garnished with raisins, _____, and prunes. This banana-leaf-wrapped _____ is a tremendous crowd-pleaser during the _____ season.
- **Tamalitos de Elote:** They use a sweet corn-based dough instead of the _____ “masa.” They contain _____ kernels of sweet corn and no meat.
- **Tamalitos de Cambray:** A sweet tamal made with sweet corn-_____ dough (no meat added) and _____ includes raisins, almonds, and anise. They are _____ for special occasions.
- **Tamales de Chipilín:** Similar to the Chuchitos in _____ and consistency, the tamalitos de chipilín _____ chipilín leaves added to the _____. Chipilín is a legume with a distinctly earthy, sour _____ that, when _____, turns mild and pleasant. It _____ a bit like a cross _____ spinach and watercress.
- **Paches:** They are made from _____ potatoes instead of corn dough. Everything else is _____ to the tamale _____, including meat and *recado* stuffing.