

Cuba: Corn and Pumpkin Tamales

This Cuban recipe combines corn and pumpkin, ingredients that are grown in several of our EbA implementation areas in Cuba. Corn and pumpkin tamales are not only a traditional holiday dish, but also promote sustainable farming practices that respect and enrich the soil. EbA in these areas helps maintain soil fertility and reduce erosion, ensuring that local ingredients thrive

Ingredients:

- 4 fresh corn cobs, shelled
- 1 cup of grated pumpkin
- 1 red pepper, finely chopped
- 2 cloves garlic, minced
- ½ onion, finely chopped
- ½ cup coconut milk
- Salt and pepper to taste
- Dried corn husks for wrapping



Instructions:

- 1. Prepare the mixture:** Blend the fresh corn kernels with the coconut milk until you have a thick, homogeneous mass. Add the grated pumpkin, garlic, onion and chopped pepper and mix well.
- 2. Season:** Add salt and pepper to taste. The mixture should be smooth but not too runny; adjust the consistency if necessary.
- 3. Form the tamales:** Place two tablespoons of the masa on each corn husk. Wrap carefully by folding the ends and tying with strips of husk.
- 4. Cook:** Steam the tamales for about 45 minutes, or until the dough is firm.