

# SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.

SuperChef Mary Sue Milliken

## Turkey Tamales with Fresh Cranberry Salsa

[MAKES 10 TO 12 TAMALES]

- 1 package dried corn husks
- 1 cup richly flavored chicken stock, room temperature
- 1 teaspoon baking soda
- 2 teaspoons salt
- 1 ½ pounds ground masa for tamales, chilled
- ½ cup lard or vegetable shortening, chilled
- 1 pound orange yams, cut into ½-inch dice, seared in butter until lightly golden and fork tender, chilled
- 2 tablespoons unsalted butter
- 1 onion, julienned
- Salt and freshly ground black pepper, to taste
- 1 to 2 roasted turkey thighs from birds raised without antibiotics, shredded, about 1 ½ cups
- 2 tablespoons chopped flat-leaf parsley
- Fresh Cranberry Salsa (see recipe below), for serving

Soak the dried corn husks in hot water weighted with a plate to keep husks submerged for 2 hours or overnight.

Mix together chicken stock, baking soda, and salt. Set aside.

Place the masa in the bowl of an electric mixer with a paddle and beat at medium speed until light in texture, 5 to 7 minutes. Slowly add the chicken stock mixture while beating continuously at medium-high speed. Turn the mixer speed up to medium high and add the lard or vegetable shortening 1 tablespoon at a time, beating well after each addition. Continue beating and scraping down the bowl until mixture is light and fluffy, about 15 minutes total. Test for lightness by dropping 1 tablespoon of masa into



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ice water. If it floats, the mixture is light enough. If not, continue beating at high speed a few minutes longer. Gently fold in the chilled, seared, diced yams.

Meanwhile, heat butter over medium heat in a sauté pan and add julienned onion and salt and pepper to taste. Cook, stirring often until onions are limp and slightly golden. Add shredded turkey and parsley, taste, and adjust seasoning as necessary. Cool to room temperature.

To make the tamales: Spread 1 large or 2 small corn husks on a counter, with the narrow end pointing away from you. Leaving 2 inches bare at the top, spread about 4 tablespoons of the masa mixture over the center and one side of husk. Top with turkey mixture. Fold the side of the husk covered with masa over to enclose the filling and fold over the bare side. Fold the top of the husk down and then wrap the tamale in a square of foil. Repeat with remaining ingredients.

To cook, line a steamer with corn husks and fill with tamales. Steam over simmering water for 1 hour, or until the husks just pull away from the masa without sticking. Unwrap tamales and serve hot topped with Fresh Cranberry Salsa.

## Fresh Cranberry Salsa

[MAKES ABOUT 3 CUPS]

- 1 pound cranberries, fresh or frozen (thawed)**
- 1 cup sugar**
- 2 teaspoons grated orange zest**
- 3 Granny Smith apples, peeled and diced**
- 3 oranges, peeled, seeded, and diced**
- 2 to 4 serrano chiles, stemmed and diced (with seeds)**
- 1 bunch cilantro, chopped**
- 1 bunch green onions, chopped**

Finely chop the cranberries in a food processor or by hand. Combine in a bowl with the remaining ingredients and mix together. Set aside at room temperature for 1 hour and then chill until ready to serve. Store in the refrigerator for as long as 3 days.

*Mary Sue Milliken and her partner Susan Feniger are co-chefs/owners of the critically acclaimed Border Grill restaurants located in Santa Monica, Downtown Los Angeles, and Las Vegas where they serve gourmet Mexican fare. Mary Sue competed on season three of Bravo's "Top Chef Masters," winning \$40,000 for her charity, Share Our Strength.*

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