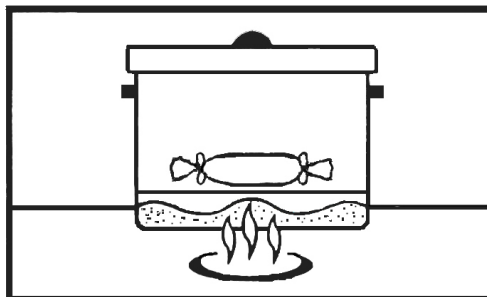
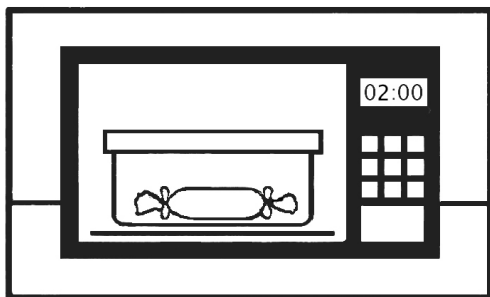


Reheating Instructions for Frozen Tamales



To Microwave

1. Put the tamales in a slightly open microwavable plastic bag or container.
2. Add a teaspoon or two of water per tamale to prevent drying during cooking.
3. Heat on high power for two minutes per tamale, making sure to rotate tamales a couple times during cooking or use a microwave with an automatic turntable.

On Stovetop (recommended method)

1. Remove tamales from plastic packaging and place in a steamer pot (vegetable steamer ok).
2. For 4-8 frozen tamales steam covered for 20 - 25 minutes once water has come to a boil.
Additional time may be necessary depending on how many tamales are in the pot and at high altitudes.
3. Do not let tamales contact the boiling water.