



Chipotle Pork Tamales with Cilantro-Lime Crema

 Gluten Free

READY IN



255 min.

SERVINGS



14

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chili pepper
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 pound boston butt pork shoulder trimmed (pork shoulder roast)
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons chicken stock see
- ☐ 2.5 cups chicken stock see
- ☐ 6 chipotles in adobo canned chopped

- ☐ 14 servings corn husks dried
- ☐ 1 cup corn kernels
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 9 garlic clove crushed
- ☐ 0.3 teaspoon ground coffee
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 4 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal instant
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1.3 teaspoons salt
- ☐ 8 ounce cream light sour
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 0.5 cup frangelico chilled
- ☐ 0.5 cup frangelico chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ dutch oven

☐ broiler pan

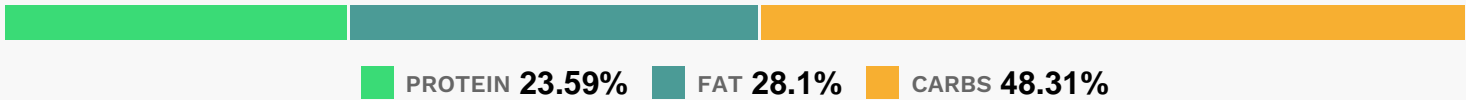
Directions

- ☐ To prepare crema, combine the first 6 ingredients; chill.
- ☐ Preheat oven to 30
- ☐ To prepare filling, heat a Dutch oven over medium-high heat.
- ☐ Add oil, and swirl to coat.
- ☐ Sprinkle pork evenly with 1/2 teaspoon salt.
- ☐ Add pork to pan; saut 10 minutes, turning to brown on all sides.
- ☐ Remove pork from pan.
- ☐ Add onion and garlic to pan, and saut for 3 minutes, stirring occasionally. Stir in cumin and chipotle chiles; saut for 1 minute. Stir in 1 cup stock and the next 3 ingredients (through coffee); bring to a boil. Return pork to pan; cover.
- ☐ Bake at 300 for 3 hours or until pork is fork-tender.
- ☐ Remove pork from pan, and let stand 10 minutes. Shred pork. Return pork to sauce.
- ☐ Increase the oven temperature to 45
- ☐ To prepare masa, combine 2 1/2 cups stock and ancho chiles in a microwave-safe bowl. Microwave at HIGH for 2 minutes or until chiles are tender; cool slightly.
- ☐ Remove stems from chiles.
- ☐ Combine hot stock, chiles, and corn in a blender; process until smooth.
- ☐ Combine masa harina, 1 1/4 teaspoons salt, and baking powder, stirring well with a whisk.
- ☐ Cut in lard with a pastry blender or two knives until mixture resembles coarse meal.
- ☐ Add ancho mixture to masa mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface; knead dough until smooth and pliable. (If dough is crumbly, add water, 1 tablespoon at a time, until moist.)
- ☐ To prepare tamales, immerse corn husks in water; weight with a plate. Soak 30 minutes; drain.
- ☐ Working with one husk at a time (or overlap 2 small husks), place about 3 tablespoons masa mixture in the center of husk, about 1 inch from top of husk; press dough into a 4-inch-long by 3-inch-wide rectangle. Spoon about 1 heaping tablespoon pork mixture down one side of dough. Using the corn husk as your guide, fold husk over tamale, being sure to cover filling with dough. Use husk to seal masa around filling. Tear 3 or 4 corn husks lengthwise into strips;

tie ends of tamale with strips.

- ☐ Place tamale, seam side down, on the rack of a broiler pan lined with a damp towel. Repeat procedure with remaining husks, masa mixture, and pork mixture. Cover tamales with a damp towel.
- ☐ Pour 2 cups hot water in the bottom of a broiler pan; top with rack.
- ☐ Steam tamales at 450 for 25 minutes.
- ☐ Remove and rewet top towel, and add 1 cup water to pan. Turn tamales over; top with cloth.
- ☐ Bake for 20 minutes or until set.
- ☐ Let tamales stand 10 minutes.
- ☐ Serve tamales with crema.

Nutrition Facts



Properties

Glycemic Index:15.43, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:18.792608560427%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 297.33kcal (14.87%), Fat: 9.45g (14.54%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 31.86g (11.59%), Sugar: 4.55g (5.05%), Cholesterol: 47.26mg (15.75%), Sodium: 556.43mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.71%), Vitamin B1: 1.05mg (70.14%), Vitamin B3: 7.35mg (36.77%), Vitamin B2: 0.6mg (35.17%), Selenium: 24.55µg (35.07%), Vitamin A: 1467.41IU (29.35%), Vitamin B6: 0.53mg (26.43%), Phosphorus: 248.53mg (24.85%), Iron: 4.02mg (22.32%), Folate: 85.29µg (21.32%), Fiber: 4.7g (18.8%), Zinc: 2.76mg (18.42%), Potassium: 527.49mg (15.07%), Magnesium: 55.59mg (13.9%), Manganese: 0.27mg (13.33%), Calcium: 113.67mg (11.37%), Vitamin B12: 0.57µg (9.43%), Copper: 0.18mg (9.16%), Vitamin B5: 0.67mg (6.69%), Vitamin K: 6.58µg (6.27%), Vitamin C: 4.57mg (5.53%), Vitamin E: 0.39mg (2.62%)