



Memelas with Queso Fresco and Charred Tomato Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings cilantro leaves fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal ("masa mix")
- ☐ 2 cups queso fresco fresh crumbled (Mexican cheese)
- ☐ 1 teaspoon salt to taste
- ☐ 2 serrano chiles fresh
- ☐ 1 pound tomatoes (4 medium)

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 cups water
- ☐ 2 tablespoons onion white chopped

Equipment

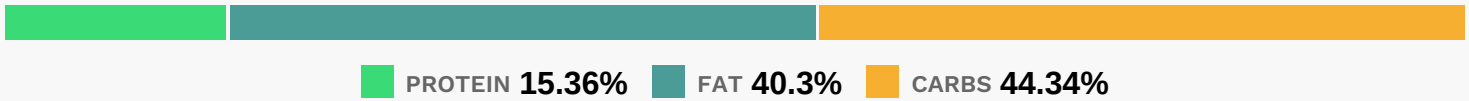
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Preheat broiler.
- ☐ Broil tomatoes and chiles in a foil-lined small shallow baking pan 2 to 3 inches from heat, turning frequently, until lightly charred on all sides, 3 to 5 minutes for chiles, 12 to 15 minutes for tomatoes (flesh should be soft). Alternatively, char vegetables in a hot well-seasoned griddle or cast-iron skillet over moderate heat.
- ☐ Core tomatoes and stem chiles, then purée with onion and 1/2 teaspoon salt, or to taste, in a blender until smooth (use caution when blending hot ingredients).
- ☐ Heat oil in a nonstick skillet over moderately high heat until just hot. Stir 1/2 cup tomato sauce into oil (this reduces spattering), then, when bubbling vigorously, add remaining sauce.
- ☐ Fry, stirring, until slightly thickened, about 3 minutes.
- ☐ Remove from heat and stir in cilantro and salt to taste.
- ☐ Stir together masa harina, 1/2 teaspoon salt, and water in a large bowl with a wooden spoon until it forms a dough. Knead in bowl with heel of hand 1 to 2 minutes.

- ☐ Divide dough into 16 pieces and roll each into a 1 1/2-inch ball.
- ☐ Roll balls into 3-inch-long logs.
- ☐ Transfer logs as formed to a plastic-wrap-lined tray and cover with more plastic wrap.
- ☐ Heat a well-seasoned large cast-iron griddle or skillet over moderately high heat until hot.
- ☐ Cut 2 (5-inch) squares from a small plastic bag and use 1 to line lower half of tortilla press. Put a log of dough in press and top with second square of plastic. Close press, pushing gently on lever to flatten dough to a 4- by 3- by 3 1/2-inch oval. If press doesn't flatten evenly, rotate tortilla 180 degrees and gently flatten again. (Alternatively, use a rolling pin to flatten dough between squares of plastic.)
- ☐ Remove plastic and cook oval on hot griddle until a skin forms and some small golden spots appear, about 1 1/2 minutes per side. Make more ovals, cooking 3 or 4 at a time.
- ☐ Remove memelas from heat and, when cool enough to handle, form sides: Beginning 1/2 inch from edge of each memela and working all around it, push undercooked masa toward edge with your thumb and pinch up to form a 1/4-inch side. Then pinch up masa in center of memela in several places. If dough still seems very raw, cook memelas upside down on hot griddle 30 seconds to 1 minute.
- ☐ Sprinkle about 2 tablespoons cheese on each memela and top with 1 to 2 tablespoons tomato sauce.
- ☐ Heat filled memelas, 4 at a time, on hot griddle until bubbling, about 3 minutes.
- ☐ Serve hot.
- ☐ ·Sauce may be made 1 day ahead and chilled, covered.
- ☐ Add cilantro just before using:·Memelas may be prepared, without adding filling, 4 hours ahead, cooled completely, then chilled in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:5.9108695932057%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg,

Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin:
0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 111.05kcal (5.55%), Fat: 5.09g (7.83%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 12.61g (4.2%), Net
Carbohydrates: 11.3g (4.11%), Sugar: 1.18g (1.32%), Cholesterol: 10.52mg (3.51%), Sodium: 263.27mg (11.45%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin B1: 0.23mg (15.22%), Calcium: 109.82mg (10.98%),
Phosphorus: 96.84mg (9.68%), Folate: 35.73µg (8.93%), Vitamin B2: 0.15mg (8.71%), Vitamin A: 420.23IU (8.4%),
Vitamin B3: 1.6mg (8.02%), Selenium: 4.95µg (7.07%), Iron: 1.19mg (6.62%), Vitamin B6: 0.11mg (5.39%), Vitamin C:
4.41mg (5.34%), Fiber: 1.31g (5.24%), Magnesium: 20.61mg (5.15%), Manganese: 0.1mg (5.15%), Vitamin K: 5.13µg
(4.89%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.26µg (4.27%), Potassium: 130.3mg (3.72%), Vitamin D: 0.41µg (2.74%),
Copper: 0.05mg (2.65%), Vitamin E: 0.29mg (1.95%), Vitamin B5: 0.11mg (1.12%)