



Mexican Pork Tamales



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



120 min.

SERVINGS



1

CALORIES



3251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal (mexican is best)



1 tablespoon salt



1 tablespoon pepper



2 tablespoons cumin



2 tablespoons garlic powder



1 Tablespoon chili powder



1 Tablespoon paprika



1 pumpkin puree (cup Corn Oil)

- ☐ 2 Tablespoons double-acting baking powder
- ☐ 6 cups veggie broth (see later stage of cooking)
- ☐ 1.5 kilo boston butt pork shoulder for crackling (cut of skin and use)
- ☐ 1 tablespoon cumin
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon miso
- ☐ 1 serving water to cover meat at least 20 cups
- ☐ 10 chipotle sauce dried fresh diced soft (soaked till then)
- ☐ 3 medium onion
- ☐ 1 tablespoons cumin
- ☐ 1 tablespoon oregano dried canned (Mexican if you can get it)
- ☐ 1 serving tomatoes chopped
- ☐ 50 corn husks dried
- ☐ 1 serving frangelico
- ☐ 25 frangelico
- ☐ 1 serving frangelico
- ☐ 25 frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ microwave

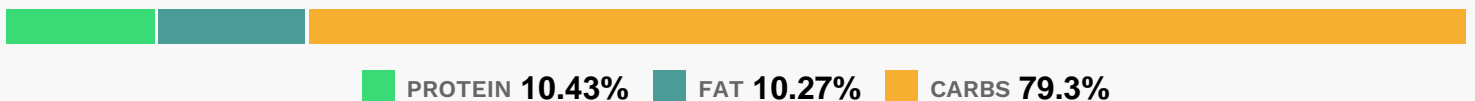
Directions

- ☐ Cook the Pork.
- ☐ Remove the skin from the shoulder and chop into big chunks, pop in large saucepan and cover with at least 20 cups of water add seasoning's and bring to the boil, simmer for around 2 hours till meat can be shredded. When pork is ready remove from broth and leave to cool,

DO NOT DISCARD THE BROTH.

- ☐ Prepare the MASA.
- ☐ In a large mixing bowl add 6 cups of Masa Flour, cumin, salt, pepper, garlic powder, paprika and baking powder.
- ☐ Add 6 cups of retained broth and beat in well, dissolve the lard in a bowl in a microwave, when liquid beat in to the dough for about 10 mins to get some air into the mix, makes for a fluffier masa. Leave covered to cool.
- ☐ Put your husks in a mixing bowl and cover with hot water to soften (about 30 mins).
- ☐ To make the Mole.
- ☐ fry onions till brown, add tomatoes, seasoning's and chillis add the remaining broth bring to the boil then turn down to simmer, add 1 cup of masa flour and stir until the mole thickens a bit. Leave to cool.
- ☐ Prepare the filling.
- ☐ Shred the pork with your fingers or 2 forks and put into a mixing bowl.
- ☐ Add mole until you have a nice moist mixture (not too runny)
- ☐ Make your Tamales.
- ☐ Take a husk place on a flat surface, take one tablespoon of masa dough and spread over husk to within 1 inch of the edges.
- ☐ Place one tablespoon of filling onto the centre of the masa, pick up husk and roll the masa over the filling roll into a tube flip up the pointed end to make a packet and tie with butchers string or a strip of husk.
- ☐ Place in your steamer and steam for 90 mins, till cooked.
- ☐ Once cooked you can eat them or store in the freezer for later. I vacuum seal mine in pairs they will keep for 6 months (if you can keep your hands off them). Best eaten hot with a good slosh of salsa and a nice crisp salad. To reheat steam for about 10 mins or re heat in microwave for about 2 mins well covered until piping hot.

Nutrition Facts



Properties

Glycemic Index:340, Glycemic Load:27.09, Inflammation Score:-10, Nutrition Score:78.92043484553%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 68.03mg, Quercetin: 68.03mg, Quercetin: 68.03mg, Quercetin: 68.03mg

Nutrients (% of daily need)

Calories: 3250.79kcal (162.54%), Fat: 39.2g (60.31%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 680.85g (226.95%), Net Carbohydrates: 594.76g (216.28%), Sugar: 63.46g (70.52%), Cholesterol: 1mg (0.34%), Sodium: 16117.29mg (700.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 89.56g (179.11%), Vitamin B1: 10.65mg (710.07%), Iron: 78.14mg (434.11%), Folate: 1554.9µg (388.73%), Vitamin B3: 72.83mg (364.16%), Vitamin B2: 5.99mg (352.07%), Fiber: 86.09g (344.36%), Manganese: 6.15mg (307.68%), Calcium: 2847.22mg (284.72%), Vitamin A: 12386.02IU (247.72%), Phosphorus: 2440.89mg (244.09%), Vitamin B6: 4.72mg (235.9%), Magnesium: 861.11mg (215.28%), Selenium: 108.69µg (155.27%), Potassium: 3930.22mg (112.29%), Zinc: 16.43mg (109.53%), Copper: 2.16mg (108.15%), Vitamin K: 77.06µg (73.39%), Vitamin C: 51.5mg (62.43%), Vitamin E: 8.07mg (53.83%), Vitamin B5: 2.51mg (25.08%)