

Mushroom Tamales



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 pasilla chiles stemmed seeded
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 0.7 cup corn kernels fresh
- ☐ 4 garlic cloves unpeeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 cups coarse-ground masa harina

- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 ounces portobello mushroom caps chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 sun-dried tomatoes packed
- ☐ 10 ounces tomatoes ripe
- ☐ 2.3 cups warm vegetable broth divided
- ☐ 3 tablespoons vegetable shortening
- ☐ 2 cups water boiling
- ☐ 20 large cornhusks dried
- ☐ 20 large cornhusks dried

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ spatula
- ☐ dutch oven
- ☐ colander

Directions

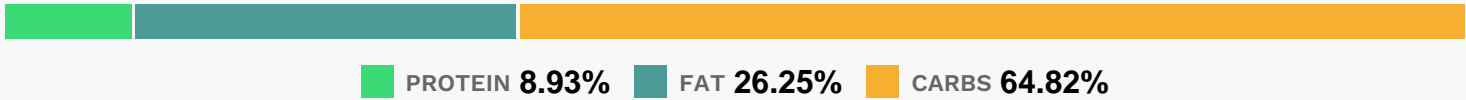
- ☐ To prepare filling, heat a large cast-iron skillet over medium heat.
- ☐ Add garlic; cook 15 minutes or until blackened, turning occasionally.
- ☐ Remove the garlic from pan. Cool and peel.
- ☐ Add chiles to pan; flatten with spatula. Cook 20 seconds on each side or until blackened.
- ☐ Place chiles, porcini, and sun-dried tomatoes in a large bowl.
- ☐ Pour boiling water over chile mixture. Cover and let stand 30 minutes or until tender.

- ☐ Drain in a colander over a bowl, reserving 2 1/2 tablespoons soaking liquid.
- ☐ Place garlic, chile mixture, and reserved liquid in a food processor; process 1 minute or until smooth. Set aside.
- ☐ While the chiles soak, heat pan over medium heat.
- ☐ Add large tomato, cook 15 minutes or until blackened, turning frequently.
- ☐ Remove tomato from pan, cool slightly. Peel, core, and chop the tomato. Wipe pan clean with paper towels; coat with cooking spray.
- ☐ Heat pan over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender. Stir in chile mixture, chopped tomato, portobello mushrooms, and oregano; cook over medium heat 15 minutes or until thick. Stir in cilantro, juice, and 1/2 teaspoon salt; set aside.
- ☐ Place cornhusks in a large bowl of hot water; weigh down husks with another bowl. Soak for at least 30 minutes.
- ☐ Drain husks; rinse with cold water.
- ☐ Drain and pat dry. Tear 4 cornhusks lengthwise into 16 (1/2-inch-wide) strips.
- ☐ To prepare dough, place corn in a food processor; process until smooth.
- ☐ Combine masa, baking powder, and 1/2 teaspoon salt.
- ☐ Add 2 cups broth; stir until well blended.
- ☐ Place shortening in a large bowl, and beat with a mixer at medium speed 1 minute or until fluffy.
- ☐ Add pureed corn and 1/4 cup broth; beat at medium speed until well blended.
- ☐ Add masa mixture; beat 2 minutes or until well blended.
- ☐ Open 1 cornhusk, curved side up.
- ☐ Place 3 tablespoons dough in the center of husk, and spread evenly into a 4 x 2-inch rectangle. Arrange about 1 1/2 tablespoons filling down center of dough. Take 1 long side of husk, and roll dough around filling, making sure dough seals around filling. Fold empty tapered end of husk over bundle. Tie 1 husk strip around tamale and over folded end to secure (top of tamale will be open). Repeat procedure with remaining husks, dough, and filling.
- ☐ Stand tamales upright (open end up) in a vegetable steamer in a large Dutch oven.
- ☐ Add water to pan to a depth of 1 inch; bring water to a boil. Cover and steam tamales 1 1/2 hours or until the husks pull away cleanly; add additional water to bottom of pan as

necessary.

- ☐ Remove tamales from steamer, and let stand 5 minutes.
- ☐ Remove the tamales from cornhusks.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:14.278261013329%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 214.28kcal (10.71%), Fat: 6.59g (10.14%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 32.76g (11.91%), Sugar: 4.28g (4.75%), Cholesterol: 0mg (0%), Sodium: 475.7mg (20.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin B1: 0.59mg (39.58%), Vitamin C: 32.04mg (38.84%), Vitamin B3: 5.03mg (25.17%), Folate: 97.13µg (24.28%), Vitamin B2: 0.35mg (20.79%), Iron: 3.28mg (18.24%), Vitamin B6: 0.36mg (17.95%), Manganese: 0.33mg (16.51%), Fiber: 3.84g (15.37%), Vitamin A: 710.47IU (14.21%), Phosphorus: 139.97mg (14%), Magnesium: 50.62mg (12.65%), Selenium: 8.5µg (12.15%), Copper: 0.23mg (11.49%), Potassium: 380.46mg (10.87%), Calcium: 94.56mg (9.46%), Vitamin K: 9.16µg (8.72%), Zinc: 1mg (6.7%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.65mg (4.3%)