

food
network



HEALTH SCORE

54%

New Mexican Rubbed Pork Tenderloin with Sweet Potato Tamale and Pecan Butter

READY IN



145 min.

SERVINGS



4

CALORIES



2041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons allspice
- ☐ 2 tablespoons ancho chile powder
- ☐ 3 ancho chiles pureed seeded
- ☐ 1 cup apple juice concentrate thawed
- ☐ 8 peppercorns whole black
- ☐ 2 cups bourbon
- ☐ 2 cups chicken stock see
- ☐ 6 cups chicken stock see homemade

- ☐ 2 teaspoons chile de árbol
- ☐ 1 tablespoon pasilla chile powder
- ☐ 1 pinch cinnamon
- ☐ 20 corn husks dried
- ☐ 1.5 cups corn kernels fresh
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 tablespoon honey
- ☐ 0.3 cup brown sugar light
- ☐ 2 tablespoons brown sugar light
- ☐ 3 tablespoons maple syrup
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion coarsely chopped
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 2 pound pork tenderloin
- ☐ 1 large onion red finely chopped
- ☐ 1 head roasted garlic
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 medium sweet potatoes and into soft peeled mashed for 1 hour or until , then and flesh
- ☐ 1 stick butter unsalted softened
- ☐ 6 tablespoons butter unsalted
- ☐ 6 tablespoons vegetable shortening
- ☐ 1.5 cups cornmeal yellow

Equipment

- ☐ food processor

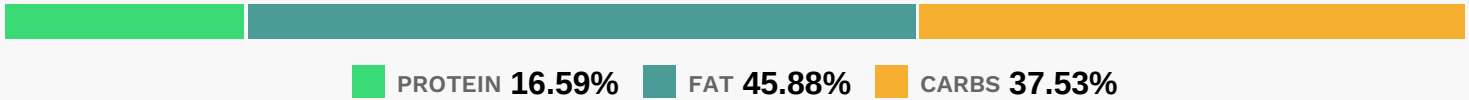
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Heat olive oil in a medium saute pan, over high heat. Season pork with salt on both sides. Dredge pork in the spice rub and tap off any excess. Sear the pork on both sides until golden brown. Cook in the oven to medium doneness, about 8 to 10 minutes.
- ☐ Let pork rest for 5 minutes before slicing into 12 slices. Plate 3 slices per plate.
- ☐ Drizzle with the Bourbon-Ancho Sauce.
- ☐ Place a Sweet Potato Tamale, topped with Pecan Butter next to the slices of pork.
- ☐ Combine all ingredients in a small bowl.
- ☐ Heat olive oil in a medium saucepan over medium-high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the bourbon and cook until completely reduced.
- ☐ Add the remaining ingredients and cook until reduced by half. Strain through a fine mesh strainer, return mixture to the pan, and cook to sauce consistency, add the remaining 2 tablespoons of bourbon and cook for 2 minutes. Season with salt.
- ☐ About 2 hours before you plan to form the tamales, clean the husks under running water. Soak them in warm water for 2 hours, or until softened.
- ☐ Puree the corn, onion, roasted garlic, and stock in a food processor.
- ☐ Transfer the mixture to a mixing bowl and cut in the butter and shortening. Using your fingers, mix in the cornmeal, honey, and salt and pepper until there are no visible lumps of fat. Fold in the sweet potato puree, cinnamon, cloves, allspice, and maple syrup. The mixture will be a lot looser than you think it should be, but when the tamales are steamed it will dry out.

- ☐ Remove the cornhusks from the water and set aside the best 20 husks.
- ☐ Drain and pat dry. Tear the remaining husks into 1-inch wide strips to be used for tying.
- ☐ Lay 2 husks flat on a work surface, with the tapered ends facing out and the broad bases overlapping by about 3 inches.
- ☐ Place about 1/3 cup of masa mixture in the center. Bring the long sides up over the masa, slightly overlapping, and pat down to close. (If the masa drips out a little at the seam, that is no problem.) Tie each end of the bundle with a strip of cornhusk, pushing the filling toward the middle as you tie. Trim the ends to about 1/2-inch beyond the tie.
- ☐ Arrange the tamales in a single layer on a steaming rack, cover tightly with foil, and steam over boiling water for 45 minutes. To
- ☐ Serve: slice a slit on top of each tamale and push both ends of the tamale toward the middle to expose the masa. Top each with 1 tablespoon of Pecan Butter.
- ☐ Combine all ingredients in a bowl.
- ☐ Scrape into a ramekin and refrigerate until solid, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:110.51, Glycemic Load:47.88, Inflammation Score:-10, Nutrition Score:63.961304415827%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 2041.03kcal (102.05%), Fat: 91.85g (141.31%), Saturated Fat: 36.92g (230.73%), Carbohydrates: 169.03g (56.34%), Net Carbohydrates: 145.23g (52.81%), Sugar: 69.86g (77.62%), Cholesterol: 267.7mg (89.24%), Sodium: 1382.15mg (60.09%), Alcohol: 40.08g (100%), Alcohol %: 3.78% (100%), Protein: 74.71g (149.43%), Vitamin A: 27516.49IU (550.33%), Vitamin B1: 2.91mg (193.67%), Vitamin B6: 3.34mg (166.77%), Vitamin B3: 29.24mg (146.18%), Manganese: 2.55mg (127.28%), Selenium: 88.26µg (126.08%), Vitamin B2: 2.09mg (122.71%), Phosphorus: 1052.92mg (105.29%), Fiber: 23.8g (95.2%), Potassium: 3113.05mg (88.94%), Magnesium: 256.45mg (64.11%), Zinc: 8.6mg (57.35%), Copper: 1.11mg (55.61%), Vitamin K: 58.17µg (55.4%), Iron: 9.79mg (54.41%), Vitamin E: 7.12mg (47.46%), Vitamin B5: 4.33mg (43.33%), Vitamin C: 24.2mg (29.34%), Folate: 116.12µg (29.03%), Vitamin B12: 1.26µg (21.05%), Calcium: 204.18mg (20.42%), Vitamin D: 1.42µg (9.46%)