



Pork Tamales

READY IN



235 min.

SERVINGS



24

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 peppercorns black
- ☐ 2.5 pounds boston butt pork shoulder boneless cut into 3-inch pieces
- ☐ 0.3 cup chili powder
- ☐ 24 corn husks dried
- ☐ 2 teaspoons flour all-purpose
- ☐ 4 sprigs thyme leaves dried fresh
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons ground cumin

- ☐ 24 servings kosher salt
- ☐ 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 corn flour
- ☐ 1 onion quartered
- ☐ 2 teaspoons oregano dried preferably Mexican
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 cups lard
- ☐ 1.3 cups lard

Equipment

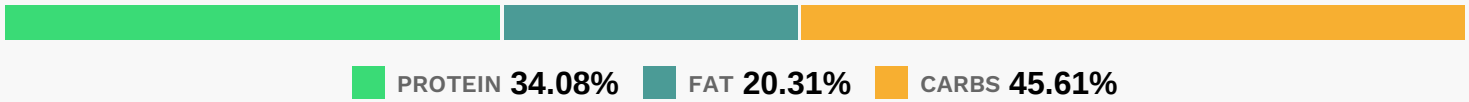
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Put the pork in a deep saucepan and cover with cold water (about 6 cups).
- ☐ Add 2 teaspoons salt, the onion, thyme, oregano, bay leaves and peppercorns; cover and bring to a simmer over medium-high heat. Reduce the heat to maintain a gentle simmer and cook until the pork is tender, 1 hour, 30 minutes to 2 hours.
- ☐ Transfer the pork to a plate and shred. Strain and reserve the cooking liquid; keep warm.
- ☐ Meanwhile, soak the corn husks in a bowl of hot water, using a plate to keep them submerged, until pliable, 1 hour.
- ☐ Combine the pork, cumin, 1/3 cup chili powder, the garlic, flour, sugar, vegetable oil and 1 cup of the reserved cooking liquid in a large skillet. Bring to a simmer over medium heat; cook, stirring occasionally, until most of the liquid is absorbed, about 25 minutes.
- ☐ Mix the masa harina, lard, 2 teaspoons salt, the remaining 1/2 teaspoon chili powder and 2 2/3 cups of the reserved cooking liquid in a bowl until combined.

- ☐
- Drain the husks and pat dry. Starting 1/2 inch from the wide end, spread about 3 tablespoons of the dough down a husk, leaving a 1-inch border on the sides. Spoon 2 tablespoons of the pork filling down the center of the dough, then fold in the sides of the husk, wrapping the dough around the filling. Fold up the narrow end of the husk. Repeat with the remaining husks, dough and filling.
- ☐
- Set a steamer basket in a large pot filled with 1 to 2 inches of water. Arrange the tamales standing up in the steamer, folded-side down. Bring the water to a boil over medium-high heat, cover and steam until the dough is firm, 45 to 50 minutes.
- ☐
- Remove from the steamer and let cool slightly before unwrapping.
- ☐
- Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:12.929999947548%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 149.22kcal (7.46%), Fat: 3.44g (5.3%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.78g (5.37%), Sugar: 0.78g (0.87%), Cholesterol: 28.35mg (9.45%), Sodium: 274.78mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (25.99%), Vitamin B1: 0.6mg (39.94%), Vitamin B3: 6.85mg (34.23%), Vitamin B6: 0.51mg (25.55%), Vitamin B2: 0.41mg (24%), Selenium: 15.65µg (22.35%), Vitamin A: 1027.12IU (20.54%), Phosphorus: 161.92mg (16.19%), Iron: 2.82mg (15.67%), Folate: 42.7µg (10.68%), Fiber: 2.61g (10.44%), Zinc: 1.44mg (9.6%), Manganese: 0.19mg (9.55%), Vitamin E: 1.39mg (9.25%), Magnesium: 36.9mg (9.23%), Potassium: 307.21mg (8.78%), Vitamin K: 8.52µg (8.12%), Vitamin B12: 0.41µg (6.85%), Copper: 0.11mg (5.51%), Vitamin B5: 0.54mg (5.39%), Calcium: 49.07mg (4.91%)