



Portobello and Polenta Tamales

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 large ears of corn
- 1 tablespoon flat-leaf parsley chopped
- 2 garlic cloves thinly sliced
- 6 servings kosher salt and pepper freshly ground
- 3 ounces monterrey jack cheese cut into twelve 2-by-1/4-inch sticks
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese freshly grated
- 0.5 cup polenta instant

- 4 large portabello mushrooms sliced
- 6 servings tomato salsa for serving
- 1 tablespoon butter unsalted
- 6 servings vegetable oil for the grill
- 1 quart water

Equipment

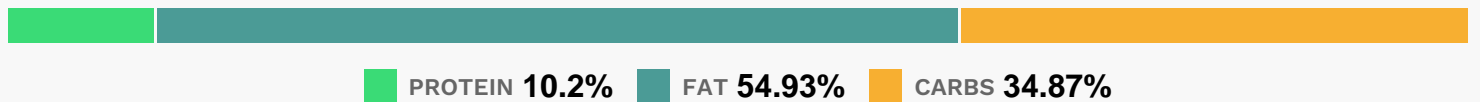
- sauce pan
- whisk
- grill
- kitchen twine

Directions

- Carefully remove the husks and silk from the ears of corn; make a cut slightly above the base of the corn, if necessary, to release the inner husks. Arrange the husks in 2 piles, the thick outer layers and the paler green, thinner ones.
- Cut the kernels from the cobs, stopping when you have 2 cups.
- Heat the olive oil in a large saucepan.
- Add the mushrooms; season with salt and pepper. Cover and cook over moderate heat, stirring occasionally, until they begin to brown, about 8 minutes. Uncover, add the garlic and cook, stirring, until the garlic is fragrant and the mushrooms are browned, about 4 minutes. Season with salt and pepper and stir in the parsley.
- Transfer to a plate.
- Add the water to the saucepan and bring to a boil.
- Add the corn and 1 teaspoon of salt. Cover and cook over moderate heat until tender, 4 minutes. Slowly whisk in the polenta over low heat until thickened, about 4 minutes.
- Remove from the heat. Stir in the Parmesan and butter. Season with salt and pepper.
- To assemble the tamales, spread 2 outer husks on a work surface, overlapping them at their base ends by 3 inches. If necessary, lay 2 large knives along opposite edges of the husks to keep them open.

- Spread 1/3 cup of the polenta in the center of the husks to within 1/2 inch of the edge to form a 4-by-2-inch rectangle 1 inch thick. Press 2 sticks of cheese into the polenta and top each tamale with one-sixth of the mushrooms and garlic. Cover the mushrooms with 2 large inner husks, overlapping them at their base ends. Tie the ends with kitchen string. Repeat with the remaining husks and ingredients.
- Light a grill. Lightly brush the grate with vegetable oil and grill the tamales, outer husk side down, over a medium-hot fire for about 4 minutes, or until nicely browned. Carefully flip the tamales and grill for 2 minutes longer. Invert onto plates and serve at once with hot sauce or tomato salsa.
- Make Ahead: The uncooked tamales can be refrigerated overnight.
- Wine Recommendation: The sweet summer corn and creamy polenta will find an ideal partner in a big, buttery Chardonnay with some sweet, smoky oak. Choose a flavorful example from California, such as the 1999 Meridian Santa Barbara.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:15.552608832069%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 438.36kcal (21.92%), Fat: 28.32g (43.56%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 36.6g (13.31%), Sugar: 10.53g (11.7%), Cholesterol: 21.26mg (7.09%), Sodium: 389.8mg (16.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.67%), Vitamin K: 40.57µg (38.63%), Phosphorus: 289.26mg (28.93%), Vitamin B3: 5.24mg (26.2%), Selenium: 17.21µg (24.58%), Folate: 80.32µg (20.08%), Vitamin B1: 0.28mg (18.53%), Potassium: 635.73mg (18.16%), Vitamin B5: 1.78mg (17.83%), Magnesium: 63.99mg (16%), Calcium: 155.58mg (15.56%), Manganese: 0.31mg (15.47%), Fiber: 3.84g (15.37%), Copper: 0.28mg (14.16%), Vitamin E: 2.05mg (13.64%), Vitamin B2: 0.23mg (13.47%), Vitamin C: 11mg (13.33%), Vitamin B6: 0.26mg (13.16%), Vitamin A: 555.53IU (11.11%), Zinc: 1.65mg (11.01%), Iron: 1.26mg (7%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.31µg (2.06%)