



Puerto Rican Pasteles (Pasteles Puertorriqueños)

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces bacon cut into 1/4-inch dice
- ☐ 1.5 pounds banana green peeled sliced
- ☐ 1.5 pounds pork shoulder boneless cut into 1/2-inch dice
- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 0.3 cup chicken broth
- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 0.3 cup cilantro leaves coarsely chopped

- ☐ 8 garlic clove peeled
- ☐ 6 ounces bell pepper green cored deveined seeded coarsely chopped
- ☐ 8 ounces kabocha squash peeled seeded cut into 1-inch cubes (West Indian pumpkin)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 20 pasilla peppers sweet seeded cut in half (ajíes dulces)
- ☐ 50 pimiento stuffed olives cut in half
- ☐ 0.5 plantains green peeled sliced (see Cooks' notes)
- ☐ 12 inch plantains for how to prepare (4 to 5 packages; see Cooks' notes)
- ☐ 0.3 cup raisins dark
- ☐ 6 ounces bell pepper red cored peeled seeded cut into 1/4-inch-wide strips (see Cooks' notes)
- ☐ 2 broad-leaf culantro leaves
- ☐ 0.5 teaspoon salt to taste
- ☐ 0.5 cup tomato sauce
- ☐ 3 pounds tomatoes coarsely chopped
- ☐ 0.3 cup milk whole
- ☐ 8 ounces onion yellow coarsely chopped
- ☐ 1.5 pounds frangelico peeled cut into 1-inch cubes
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ ziploc bags

- ☐ slotted spoon
- ☐ tongs
- ☐ cutting board
- ☐ steamer basket

Directions

- ☐ Making the Recado
- ☐ Place all the ingredients in a blender or food processor and puree. Set aside. DO AHEAD: You can make the seasoning base (recado) the day before.
- ☐ Making the Sofrito
- ☐ Heat the oil in a 12-inch skillet over medium heat.
- ☐ Add the bacon and brown for 2 to 3 minutes.
- ☐ Add the pork and cook, stirring, until it begins to release its fat, about 15 minutes.
- ☐ Stir in the recado, reduce the heat to low, and cook, covered, for about 50 minutes, or until the pork is tender when pierced with the tip of a sharp knife.
- ☐ Add some chicken broth if the sauce thickens too much during cooking. When the meat is done, transfer it to a plate with a slotted spoon. Set the sauce aside. DO AHEAD: You can make the sofrito the day before.
- ☐ Making the Masa
- ☐ Working in 2 or 3 batches, puree the milk, malanga, green bananas, green plantain, and calabaza in a blender or food processor and pour into a large bowl.
- ☐ Add the oil and salt and mix well to color the masa evenly. Stir in the reserved sauce. Taste for seasoning and set aside.
- ☐ Wrapping the Tamales
- ☐ Place one plantain leaf square on a work surface with the veins perpendicular to you.
- ☐ Brush generously with achiote oil.
- ☐ Place 3 heaping tablespoons of masa in the center of the leaf and spread into a 6-inch square, leaving a 3-inch margin on all sides.
- ☐ Place 3 tablespoons of the diced pork on top, forming a rectangle.
- ☐ Garnish with 4 raisins, 4 chickpeas, a strip of red pepper, and 4 olive halves. Tie the tamal following the instructions for the pastel wrap (see Cooks' notes). Repeat with the remaining

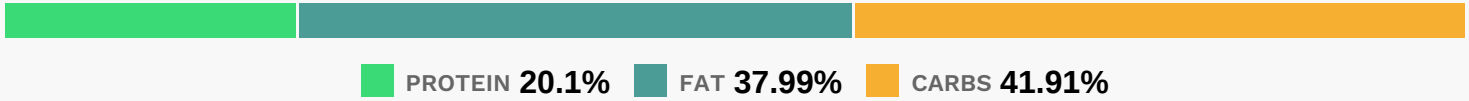
wrappers and ingredients. DO AHEAD: You can prepare the plantain leaves the day before.

- ☐ Cooking the Tamales
 - ☐ Using two steamers (or working in batches), steam for about 1 hour (see Cooks' notes).
 - ☐ Cooks' notes
 - ☐ Serving
 - ☐ Most people like them with a little sauce. Ajilimójili is a good choice.
- Preparing Plantains
- ☐ To peel them before cooking, cut off the tips with a small sharp knife.
 - ☐ Cut crosswise into 2 or 3 chunks. Make 2 or 3 lengthwise incisions in each, following the ridges that run down the fruit. Trying to bruise the flesh as little as possible, pull the skin away from the flesh with a table knife, then work it free with your fingertips. Trim off any underskin.
- Plantain Leaf Wrappers
- ☐ To prepare, defrost them in the refrigerator overnight or in warm water for about 20 minutes. Wipe both sides clean with a damp cloth and pat dry with paper towels. Working on a cutting board, use a ruler and knife to measure and cut the leaves into squares. Singe the squares by running each side over a gas flame or an electric burner set on high for a few seconds. You will notice that the leaf immediately becomes supple and its outer side shinier. If any leaves are torn, just overlap a couple of them when wrapping the dough.
- Roasting Peppers
- ☐ Heat a comal or heavy skillet over medium-high heat until a drop of water sizzles on contact.
 - ☐ Place the whole peppers on the hot surface and roast, turning occasionally with tongs, until they are blackened on all sides. This may take up to 15 minutes for bell peppers.
 - ☐ Remove from the heat and place in a paper or plastic bag to "sweat" for a few minutes (this helps loosen the skin). When they are slightly cooled, peel the charred skin from the roasted flesh. Scrape and pick off the black bits a little at a time; don't rinse. Core and seed the peppers before proceeding with the recipe.
- The Pastel Wrap
- ☐ Fold down the top edge a little more than halfway, pressing lightly, then unfold. Fold up and press the bottom edge in the same way; unfold. The masa will now completely enclose the filling. Now fold down the top half again a little more than halfway toward you. Hold it in place while you bring up the bottom edge to make a seam about 1/2 inch from the folded side. Holding the seam closed, fold back the open right and left ends of the packet into flaps slightly overlapping under the seamless side.
- Steaming Tamales
- ☐ To steam tamales, pour water into the steamer pot, place the steamer basket in the pot (above the water), and arrange the tamales in the basket. Cover the pot and bring the water to a boil, then lower the heat to a simmer and steam the tamales until they are set. The timing depends on the size and composition of the tamales, but most take about 1 hour. Be sure to

check the water level in the pot from time to time and replenish with boiling water as necessary.

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Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:5.81, Inflammation Score:-9, Nutrition Score:17.546521620906%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 4.91mg, Luteolin: 4.91mg, Luteolin: 4.91mg, Luteolin: 4.91mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 198.92kcal (9.95%), Fat: 8.81g (13.55%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 16.95g (6.17%), Sugar: 8.77g (9.75%), Cholesterol: 22.75mg (7.58%), Sodium: 334.93mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.97%), Vitamin C: 104.14mg (126.23%), Vitamin B6: 0.75mg (37.53%), Vitamin A: 1377.26IU (27.55%), Manganese: 0.48mg (24.06%), Vitamin B3: 4.26mg (21.29%), Vitamin B1: 0.32mg (21.2%), Fiber: 4.92g (19.66%), Potassium: 679.08mg (19.4%), Vitamin K: 17.28µg (16.46%), Phosphorus: 145.02mg (14.5%), Selenium: 9.91µg (14.16%), Vitamin B2: 0.23mg (13.5%), Magnesium: 44.51mg (11.13%), Copper: 0.21mg (10.65%), Vitamin E: 1.59mg (10.6%), Folate: 37.91µg (9.48%), Iron: 1.4mg (7.8%), Zinc: 1.13mg (7.54%), Vitamin B5: 0.72mg (7.21%), Vitamin B12: 0.3µg (5%), Calcium: 43.69mg (4.37%)