



## Smoked Cheddar Cheese Tamales

 Gluten Free

READY IN



120 min.

SERVINGS



36

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon apple cider vinegar
- 0.3 teaspoon baking soda
- 2 cups vermont cheddar cheese white grated
- 4 cups cheddar cheese smoked grated
- 5 ounces corn husks dried
- 36 servings kosher salt and pepper freshly ground
- 1 tablespoon lime zest grated
- 4 cups chicken broth low-sodium warmed

- 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 (corn flour)
- 6 poblano chile peppers
- 1 cup scallions chopped
- 2 teaspoons sea salt
- 1 cup cup heavy whipping cream sour
- 0.5 cup tomatoes diced
- 4 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 1 cup vegetable shortening melted
- 1 cup onion white chopped

## Equipment

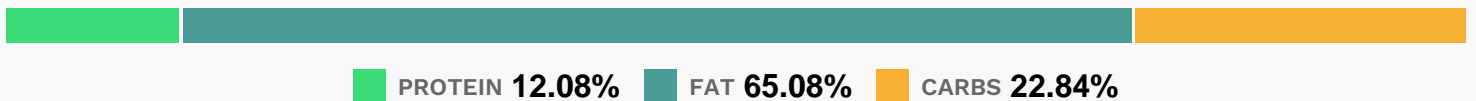
- bowl
- frying pan
- whisk
- plastic wrap
- roasting pan
- wooden spoon
- aluminum foil
- broiler
- broiler pan
- steamer basket

## Directions

- Put the corn husks in a roasting pan of warm water; soak until softened, about 30 minutes.
- Whisk the masa harina, baking soda and sea salt in a large bowl. Stir in the chicken broth and lard with a wooden spoon to make a thick dough. (If it seems dry, add a splash of broth.)
- Let the dough rest 30 minutes. Meanwhile, preheat the broiler.

- Put the poblanos on a foil-lined broiler pan; broil, turning, until charred, about 7 minutes.
- Transfer to a bowl, cover with plastic wrap and set aside 10 minutes. Peel off the skins, then stem, seed and dice the peppers.
- Heat the butter and vegetable oil in a skillet over medium heat.
- Add the onion and scallions and cook until soft, about 5 minutes.
- Add the poblanos, tomatoes and vinegar, season with kosher salt and pepper, and cook 5 more minutes.
- Remove from the heat and let cool completely. Fold in both cheeses.
- Remove the corn husks from the water and gently squeeze dry. Tear 4 husks into thin strips to use as ties.
- Spread a heaping tablespoonful of dough onto the wide end of each remaining husk, leaving a 1/2-inch border on the top and both sides and 3 inches on the tapered end.
- Spread 1 tablespoon of the cheese mixture over the dough, then roll up the tamale into a cigar shape. Fold up the tapered end and tie closed with a strip of husk.
- Put the tamales upright in a steamer basket set over a few inches of boiling water; steam until the filling is firm, 30 to 40 minutes.
- Remove the tamales and let rest 10 minutes.
- Mix the sour cream and lime zest in a small bowl and season with kosher salt. Unwrap the tamales and serve with the lime sour cream.
- Photograph by Jacob Snavely

## Nutrition Facts



### Properties

Glycemic Index:6.47, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:7.7652174104815%

### Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 211.89kcal (10.59%), Fat: 15.67g (24.11%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 11.05g (4.02%), Sugar: 1.1g (1.23%), Cholesterol: 25.95mg (8.65%), Sodium: 465.98mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Vitamin C: 17.19mg (20.83%), Calcium: 163.81mg (16.38%), Vitamin B1: 0.21mg (14.03%), Phosphorus: 133.3mg (13.33%), Vitamin B2: 0.21mg (12.56%), Vitamin K: 11.78µg (11.22%), Selenium: 7.4µg (10.57%), Folate: 35.79µg (8.95%), Vitamin B3: 1.76mg (8.81%), Vitamin A: 412.98IU (8.26%), Zinc: 1.02mg (6.78%), Vitamin B6: 0.13mg (6.58%), Iron: 1.17mg (6.5%), Fiber: 1.33g (5.3%), Magnesium: 21.05mg (5.26%), Manganese: 0.1mg (4.89%), Vitamin E: 0.68mg (4.55%), Vitamin B12: 0.24µg (4.03%), Potassium: 133.03mg (3.8%), Copper: 0.06mg (3.13%), Vitamin B5: 0.19mg (1.93%)