



Tamale Pie

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 30 ounce tomatoes diced canned
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 1 tablespoon chili powder
- ☐ 1 pound mexican chorizo fresh
- ☐ 2 cups corn kernels frozen
- ☐ 2 large eggs lightly beaten

- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1.5 pounds ground pork
- ☐ 8 servings kosher salt
- ☐ 3 poblano peppers
- ☐ 6 ounces sharp cheddar cheese grated
- ☐ 1 tablespoon sugar
- ☐ 6 tablespoons butter unsalted melted
- ☐ 3 tablespoons vegetable oil
- ☐ 1 onion diced white
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1.3 cups cornmeal yellow

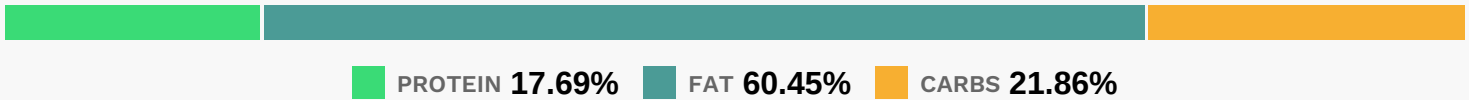
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ broiler
- ☐ tongs

Directions

- ☐ Make the filling: Roast the poblanos directly over the flame of a gas burner or under the broiler, turning with tongs, until charred all over, about 10 minutes.
- ☐ Transfer to a bowl, cover with a plate and set aside until cool enough to handle, about 10 minutes. Scrape off the charred skin with a paring knife, then chop, discarding the stems and seeds; set aside.
- ☐ Heat 2 tablespoons vegetable oil in a large pot over medium-high heat.
- ☐ Add the ground pork, chorizo and 3/4 teaspoon kosher salt and cook, stirring and breaking up the meat with a wooden spoon, until browned, about 8 minutes; transfer to a bowl.
- ☐ Heat the remaining 1 tablespoon vegetable oil in the pot over medium-high heat.
- ☐ Add the onion, garlic and 1/2 teaspoon kosher salt and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the chili powder, chipotle powder, cinnamon and cloves and cook, stirring, until the spices are toasted, 1 minute. Return the meat to the pot and add the tomatoes, corn, Worcestershire sauce and the roasted poblanos. Bring to a boil, then reduce the heat to medium low and simmer 10 minutes; season with kosher salt and stir in the cilantro.
- ☐ Pour the mixture into a 3-quart baking dish.
- ☐ Whisk the cornmeal, flour, sugar, baking powder, baking soda and 1/2 teaspoon kosher salt in a bowl.
- ☐ Whisk the melted butter, buttermilk and eggs in another bowl. Stir the dry ingredients into the wet ingredients until incorporated; stir in the cheese.
- ☐ Dollop the cornbread mixture over the filling and smooth into an even layer with the back of a spoon.
- ☐ Bake until the filling is bubbling and the topping is golden brown, about 30 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:61.95, Glycemic Load:19.63, Inflammation Score:-8, Nutrition Score:28.41826086459%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 842.4kcal (42.12%), Fat: 56.72g (87.27%), Saturated Fat: 23.44g (146.51%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 39.87g (14.5%), Sugar: 10.07g (11.18%), Cholesterol: 190.31mg (63.44%), Sodium: 880.76mg (38.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.7%), Vitamin B1: 0.92mg (61.07%), Vitamin C: 48.9mg (59.27%), Selenium: 38.28µg (54.68%), Phosphorus: 441.98mg (44.2%), Vitamin B6: 0.81mg (40.59%), Vitamin B2: 0.61mg (36.04%), Vitamin B3: 6.59mg (32.96%), Calcium: 304.31mg (30.43%), Vitamin A: 1507.99IU (30.16%), Iron: 5.08mg (28.21%), Zinc: 4.22mg (28.13%), Manganese: 0.56mg (27.9%), Fiber: 6.29g (25.18%), Potassium: 804.64mg (22.99%), Vitamin K: 23.14µg (22.04%), Magnesium: 81.34mg (20.33%), Folate: 78.38µg (19.59%), Vitamin B12: 1.09µg (18.13%), Vitamin E: 2.43mg (16.19%), Vitamin B5: 1.53mg (15.29%), Copper: 0.28mg (14.07%), Vitamin D: 0.93µg (6.17%)