



Tamalitos

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



36

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk
- 1 tablespoon double-acting baking powder
- 1 large roasted peppers red italian rinsed drained
- 3 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal dry (corn masa; 10 oz)
- 2.3 sticks butter unsalted softened
- 3 cups ears corn fresh frozen thawed
- 1.5 cups vegetable stock light
- 0.5 cup spring onion thinly sliced

- 2 poblano pepper fresh
- 6 oz corn husks dried
- 1 teaspoon salt

Equipment

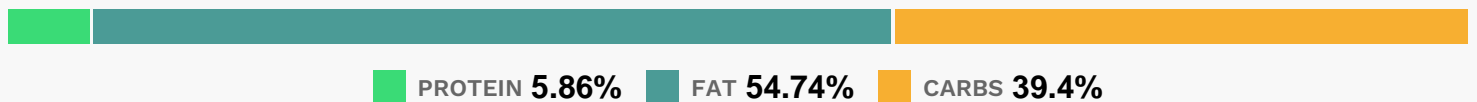
- bowl
- pot
- blender
- plastic wrap
- hand mixer
- broiler
- kitchen towels
- broiler pan
- steamer basket

Directions

- Soak corn husks in a large bowl of hot water, weighting with an inverted heavy plate to keep submerged, turning husks occasionally, until soft, about 30 minutes. Rinse husks under running water, separating them (and discarding torn, tough, or badly discolored husks). Pile best husks on a plate and cover with a damp kitchen towel. Tear some of the thickest husks into 1/2-inch-wide strips to use as ties. (Keep ties damp as well.)
- Simmer corn in stock, uncovered, stirring occasionally, 10 minutes. Stir in milk and purée in a blender until smooth.
- Transfer to a bowl and cool completely, about 25 minutes.
- Preheat broiler.
- Put chiles and, if using, fresh bell pepper on a rack of a broiler pan and broil about 2 inches from heat, turning them, until skins are blistered and charred, 8 to 12 minutes.
- Transfer to a bowl and let stand, covered with plastic wrap, until cool enough to handle. Peel peppers and remove veins if desired.
- Cut tops from peppers and discard with seeds. Separately chop chiles and fresh or bottled bell pepper.

- Sift masa harina with baking powder and salt into a bowl. Beat butter in a large bowl with an electric mixer until smooth and fluffy. Alternately beat in corn purée and masa harina mixture, 1/2 cup at a time, beating until mixture forms a fluffy and moist but fairly stiff dough. Divide filling in half and stir chiles into one half and bell pepper and scallion into the other. Season both fillings with salt.
- Put 1 husk on a work surface, pointy end facing you, and, spreading it flat, mound 2 tablespoons filling (about the size of an egg) in center. Bring pointy end of husk up and over mound of filling and fold sides of husk over filling, overlapping. Now gather the protruding end of husk and tie it with a corn-husk strip. (This little purse will expand slightly as the tamalito is steamed.) Assemble remaining tamalitos in same manner.
- Stack tamalitos, in a crosshatch pattern so steam can move freely around them, in a large steamer basket. (Tamalitos can also be steamed in batches.) Set steamer over boiling water in a deep heavy pot, without tamalitos touching water, and cover with a folded kitchen towel. (Towel absorbs condensation so tamalitos don't get soggy.) Steam tamalitos, covered with lid, adding more boiling water as necessary, until filling is tender but no longer mushy, about 45 minutes. (If any part is still gummy, steam 10 to 15 minutes more.)
- Tamalitos can be steamed 1 day ahead, cooled completely, and chilled, covered. Just before serving, bring tamalitos to room temperature and steam until hot, at least 10 minutes.
- Set a coin in the bottom of your pot so you'll know if all the water has evaporated. If you can no longer hear the coin bouncing around, you need to add more water.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:3.823478297047%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 100.36kcal (5.02%), Fat: 6.38g (9.82%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.32g (3.39%), Sugar: 1.2g (1.33%), Cholesterol: 15.59mg (5.2%), Sodium: 157.94mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin B1: 0.17mg (11.06%), Vitamin C: 6.88mg

(8.33%), Folate: 26.86µg (6.71%), Vitamin B3: 1.21mg (6.04%), Vitamin A: 289.42IU (5.79%), Vitamin B2: 0.09mg (5.5%), Iron: 0.86mg (4.8%), Phosphorus: 45.55mg (4.55%), Calcium: 40.73mg (4.07%), Fiber: 1.01g (4.04%), Vitamin B6: 0.08mg (3.81%), Magnesium: 15mg (3.75%), Manganese: 0.07mg (3.74%), Vitamin K: 3.9µg (3.72%), Potassium: 81.37mg (2.32%), Selenium: 1.55µg (2.21%), Zinc: 0.26mg (1.75%), Copper: 0.03mg (1.59%), Vitamin E: 0.21mg (1.37%), Vitamin B5: 0.13mg (1.33%)