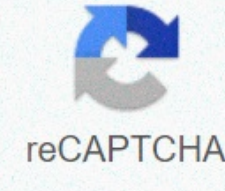




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## Old school tamale pie with masa

28/04/2012 First of all - these are not tamales - who said, they are good cabbage rolls. I cut the recipe in half and made them in the slow cooker. I used a can of Rotel and was afraid there wasn't enough sauce. I added more salsa - enough to cover the cabbage rolls. They were perfect. Thank you. 05/04/2012 Because it's a mix of Mexican flavoured meat wrapped in cabbage instead of envelopes, it's a very imaginative name!! : ) 15/05/2012 I am very impressed with this recipe. Thank you for sharing it. I modified the spices only to work with what I have on hand and it worked wonderfully. This is an easy preparation element with an excellent result! 05/09/2012 This recipe has proven to be incredible. It is so healthy and delicious that are two of my criteria for food. It is also easy. I think next time I'll add some ground sausage to add more dimension to the flavor. I rest when I do it to re-examine. 04/08/2015 I did this for myself and froze the rest for later, but I cooked only 4 cabbage leaves and I did it in the slow cooker for 2 1/2 hours. I doubled the tomato sauce instead of the tomatoes with chillies. I also didn't have the chili powder, so I lined the garlic and used 2 tbsp of Taco seasoning in its place and the flavor was fantastic! You will need extra sauce for the reheated rolls if you freeze just as they do absorb the sauce. 16/02/2014 They were very good. I made some adjustments because I didn't have all the ingredients. They were beautiful though. : ) Here's what I did: I cut the recipe in half and cooked the 4 cabbage rolls in the slow cooker for 2.5 hours instead. I had no chili powder at all, so I just used about 2 T of taco seasoning. I doubled the garlic had no diced tomatoes with chillies, but used about half a 16 oz can of tomato sauce in the meat mixture and about half of what was left on top of the rolls. I had some cherry tomatoes that were on their way, so I chopped them and sprinkled them on top with half a small cane of green peppers. My boyfriend is quite the eater, but he was drunk after a single roll/tamale for dinner. Regarding the problem that some have had with the size of cabbage leaves, it is possible that American cabbages are so large where some of us are that it is not a problem at all as it was not for me. Just try the biggest cabbage you can find. 01/09/2018 Please do not call these tamales. Call them cabbage rolls / mex, but having no Masa in addition to not being steamed take them out completely of the category tamale 01/08/2013 Wonderful recipe, I put all the cabbage head in the boiling pan of water to facilitate the removal of the leaves. Next time I'll add some ground pork and fresh chillies as I found them slightly dry and a little sweet. This recipe will be added to my favorite thanks 20/05/2016 Absolutely the best cabbage rolls I've ever tasted and several of my friends agree!! These were easy to and wonderful to eat! I can't wait to do them again! I chose this recipe to use when a friend offered to help me learn how to use my electric pressure cooker and it turned out to be a great choice. I read online that Mexican chili powder is hotter than regular chili powder and tastier. I was hesitant that it was too hot so I reduced it from 3 tsp to 2 teaspoons slightly rounded and everyone who tasted it agreed that it was a perfect amount. Very good flavour but not hot. Mine was not in the least dry as other reviewers have commented. I should mention that my pressure cooker had a Meat setting that would only allow me to put it for up to 25 minutes. It turned out to be perfect; more time was not needed. I don't know, but maybe 30 min was too long for any method of cooking these other reviewers used. (I wouldn't classify them as a Mexican dish or as tamales. I can't imagine how those terms ended up in the title. They are sure that are tasty though!!) Georgette Boyce sterfanerf Heather Bunny Lady Aragolas californiacaptive Dollface131 AlexisB Baking Nana Justin Stockburger Allrecipes Magazine Servings Per Recipe: 12 Calories: 623.6 carbohydrates: 51.4g 17% dietary fiber: 12.2g 49% saturated fats: 20.8g 104% cholesterol: 111.2mg 37% vitamin a iu: 3868.7IU 77% niacin equivalent: 13.8mg 106% Powered by the ESHA research database © 2018, ESHA Research, Inc. All rights reserved Make tamale pie usually takes a little time and effort. But our quick filling cooked in a frying pan, and the sliced pre-cooked polenta replaces the typical pan filling. Advertising - Continue reading below Cal/Serv: 425 Yields: 4 Total time: 0 hours 30 minutes 4 tsp vegetable oil 1 small onion 2 garlic cloves 1 lb lean (90%) Ground beef 2 tsp chili powder 1 tsp chopped cumin 1/2 teaspoon salt 1 log of polenta pre-cooked 1 jar of medium-hot salsa 1 tbsp frozen corn kernels 1/2 tsp fresh coriander leaves This ingredient purchase module is created and maintained by a third party, and imported on this page. You may be able to find more information about it and similar content on their website. In a 10-inch non-stick skillet, heat 2 teaspoons of oil over medium-high heat. Add onion and cook for 3 minutes or until golden. Stir in garlic; cook for 30 seconds. Stir in ground beef and cook, breaking meat with side of spoon, for about 5 minutes or until meat is no longer pink. Add chili powder, cumin and salt; cook for 1 minute. In a 10-inch non-stick skillet, heat the 2 oil coffee over medium-high heat. Add polenta and cook for 10 minutes or until golden on both sides and hot. While the polenta is cooking, add the salsa and frozen corn to the meat mixture; cook for 3 to 5 minutes to mix the flavours. Stir in coriander. Pour the meat mixture into a deep pie plate or a shallow 1 1/2 litre pan. Arrange the polenta on top. This content is created and maintained by a third party, and imported on this page to help users their email addresses. You may be able to find more information about it and content similar to piano.io Advertising - Continue reading below We have slimmed down this Tex-Mex favorite by using reduced-fat grated cheese and packing the filling with low-calorie corn and black beans. Advertising - Continue reading below Cal/Serv: 440 Yields: 4 Total time: 0:25:1 c. frozen corn kernels 2 green onions 1 tsp ground cumin 1 1/2 tsk salsa 1 can low-sodium black beans 4 burrito-sized flour tortillas (96% fat-free) 1 low-fat packaging (2%) Grated Mexican Cheese Mix 2 tsp chopped fresh coriander leaves This ingredient purchase module is created and maintained by a third party, and imported on this page. You may be able to find more information about it and similar content on their website. Preheat oven to 450 degrees F. Spray a large baking sheet with a baking spray. Spray a 12-inch non-stick skillet with a cooking spray; place over medium heat. Add frozen corn, green onions and cumin; cook for 3 minutes or until corn thaws. Remove pan from heat; stir in salsa and beans. Place 1 tortilla on a baking sheet; garnish with 1 cup of bean mixture and 1/2 cup of cheese. Repeat, starting with the tortilla, to make 2 more layers. Garnish with remaining tortilla and cheese. Bake the pie for 10 minutes or until hot. Gently transfer the pie to the cutting board; sprinkle with chopped coriander. Using a sharp knife, cut into quarters to serve. This content is created and maintained by a third party, and imported on this page to help users provide their email addresses. You may be able to find more information about this and content similar to piano.io Advertising - Continue reading below Yunhee Kim With our absolute beginner guide and the secrets of the infallible baker, making everyone's favorite dessert from scratch is, as well, as easy as Tamales pie are a unique pre-Columbian dish that is believed to have originated in Mesoamerica, the land between North America and North America. Mexican Tamales are perhaps the best known version, however, almost all Cultures of Central and South America have adopted the dish in their own style of cuisine. Tamales are a complete meal in portable form. In most versions, tamales are made from a mixture of corn paste (masa) and filling, wrapped in a banana leaf or corn husk, and then steamed. Corn masa gets firmer when cooked steam, and the tamale can be unpacked and eaten on the road. Archaeological evidence indicates that tamales are consumed by ancient Aztec and Mayan cultures. The first tamales were simple. They were made with beans and squash and roasted on a fire. When Europeans brought chicken, pork, olives, raisins and other foods with them to the New World, tamales became more elaborate. Tamales have many names and variations like tamails, tamalitos, or pasteles. Venezuelans enjoy hallacas, especially at Christmas. In the Andes, Andes, are made with fresh ground corn, rather than the usual masa harina (or masarepa in some places), which are forms of dried cornmeal. A form of tamales is also consumed in several Caribbean islands, such as Cuba, the Dominican Republic, Trinidad and Tobago, Curacao and Aruba. Tamales have been widely adopted in the United States, too. By the early 20th century, the U.S.-adapted tamale pie was what was called meat pies and pans made with a cornmeal crust and layered tamale fillings. The spruce / Kaley McKean The masa, or cornmeal paste, inside a tamale is prepared by mixing dried cornmeal with a broth (usually left of cooking the meat in the filling), lard, and seasonings until it forms like a soft paste. Masa harina is the most commonly used cornmeal flour used to make tamales (and also used to make corn tortillas). Masa harina is made from ground corn that has been treated with lime to remove the skin and coddles, turned into a paste, then dried and ground in a fine meal. Masa harina has a distinctive flavor, much like hominy, as it is prepared with a similar process. Lard prevents the masa from becoming too dry and pasty. The toppings range from simple to elaborate. In some countries, masa is filled with a simple piece of chicken or pork. Most tamales have elaborate seasoned meat fillings cooked slowly (usually chicken or pork), sometimes with vegetables (potatoes, corn, peppers or carrots), cheeses, dried fruit and olives. Tamales are most often wrapped in dried corn wraps (soaked in water to make them soft) or banana leaves. The packaging is not eaten but gives a certain flavor to the tamales when steamed. The tamales are steamed for about 30 minutes, depending on their size, or until the masa becomes firm and the filling is heated. Many families from North America to South America have a recipe for filling sweets, prepared by grandmothers and passed down through the generations. Here are some recipes to get you started: TamalesGarden TamalesGarden TamalesGarden Vegetables TamalesFresh Corn HumitasHow to Make an Authentic Mexican TamalePulled Pork TamalesTamale Fillings

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