



## Healthy Eating Initiative: Red Chile Jackfruit Tamales



Jackfruit has the taste and consistency of pulled pork, but with significantly less calories making it an excellent meatless substitute for many pork recipes! Considered a superfood, it is often found canned in U.S. grocery stores. These red chile jackfruit tamales are a meatless alternative to this classic Mexican dish. They are made with spicy guajillo chile-seasoned jackfruit and masa, stuffed inside corn husks, and steamed until tender. The required chilis and corn husks can be purchased from your local Mexican Tienda.

### INGREDIENTS

#### Guajillo Chile Sauce

- 20 (4 ounces, Guajillo chiles, dry and seeded)
- 3-4 Arbol chiles, dried and seeded
- 6 cloves of Garlic
- ½ cup of chopped white onion
- 2 cups of chile soaking liquid

#### Filling

- 4 cloves of garlic, minced
- 2 cans (20 ounces) of green jackfruit in brine
- 1 ½ cups of reserved guajillo chili sauce

#### Dough

- 4 cloves of garlic, minced
- 1 cup (8 ounces) of refined coconut oil at room temperature
- 4 cups (1 lb. and 2 ounces) of masa harina
- 1 ½ teaspoon of baking powder
- 1 ½ tablespoons of salt
- 1 ½ tablespoons of ground cumin
- 3 ½ cups of vegetable broth or stock
- 1 ½ cups of reserved guajillo chile sauce
- 30 corn husks

### INSTRUCTIONS

**To prepare the corn husks:**

For additional information, email the DCPAS Work-Life Branch at:

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1. Soak the corn husks in hot water, in a large pot or in your kitchen sink. Place a plate over them to weigh them down so that they are completely submerged. Let them soak for at least an hour.

### **To make the sauce:**

1. Place the chilis in a small saucepan and cover them with water. Bring to a simmer over medium-high heat and let cook for 10 minutes. Drain the chiles and reserve 2 cups of the soaking liquid. Place the chiles, garlic, onion, and soaking liquid in the blender and process until smooth. Season with salt and pepper and then strain. You should have approximately 3 cups of sauce.

### **To make the filling:**

1. Drain the jackfruit. Rinse, and pat dry with paper towels. Cut out the core of the jackfruit (tip of the triangle pieces) and cut the pieces in half. Heat 1 tablespoon of oil in a large sauté pan set to medium heat. Add the minced garlic and cook for one minute, stirring often. Add the jackfruit and cook for 3-4 minutes or until it begins to brown. Pour 1 ½ cups of the guajillo chile sauce and reduce heat to low-medium. Simmer for 20 minutes or until the jackfruit begins to break down and the sauce has thickened slightly. Use a fork to shred the jackfruit as it cooks down. Season with salt and pepper and let it cool.

### **To make the dough:**

1. Beat the coconut oil, on medium-high speed, with an electric mixer for one minute. Add the baking powder, cumin, salt, and beat for one minute to incorporate into the coconut oil.
2. Add half of the masa harina to the bowl, pour in half of the vegetable stock, and beat to incorporate. After it is completely incorporated, add the other half of masa harina, vegetable stock, and 1 ½ cups of the guajillo chili puree. Beat at low speed, until thoroughly mixed. It should have the consistency of a thick cake batter. If necessary, add more vegetable stock until you reach that consistency. The dough should taste slightly salty. Add more salt to the dough if necessary.
3. Remove the corn husks from the water and set on paper towels.

### **To set up your steamer:**

1. Fill the bottom of the steamer with water. Make sure that the water does not touch the steamer rack. Line the rack and sides of the steamer pot with corn husks. Set aside.

### **To wrap the tamales:**

1. Pull 24 pencil thin strips from the corn husks and set aside (these will be used to tie the tamales later). Using a spoon, spread 2-3 tablespoons of the dough onto the corn husk, forming a 3–4-inch square.





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2. Place 1 ½ tablespoons of the filling in the center of the dough. Bring the two sides of the corn husk together. This will cause the masa to surround the filling. Roll the husk around the tamale as if you are rolling a burrito. Fold down the empty tapered section of the corn husk, forming a closed bottom. Tie it with a corn husk strip to secure the bottom of the tamale.
3. Place the tamales in the steamer vertically leaning against the side of the pot, with the open end on top. Cover the pot and bring the water to a boil. Turn the heat down to medium heat and cook for 40 minutes. When the tamales begin to separate easily from the corn husks it means that they are done. If they are not done, steam for an additional 10 minutes.
4. Remove the steamer from the heat and let the tamales cool down for an hour. Don't be alarmed if they seem soft. As they cool, they will firm up. Once cooled, remove the corn husk, and enjoy! These tamales pair well with a side of seasoned black beans and yellow rice.



**Yields:** 18-24 tamales

**Total Cook Time:** 2 hours

**Calories Per Serving:** 91 calories

**Carbs:** 17 grams

**Protein:** 2 grams

**Recipe Credit:** [www.dorastable.com](http://www.dorastable.com)

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