

DECONSTRUCTED HONDURAN TAMALE

Submitted by Chef Luis Santos at
Keck Hospital of USC

SERVES 6

INGREDIENTS

1 green bell pepper, diced
¼ cilantro bunch
1 cup onion, white, chopped
½ cup onion, yellow, diced
6 tbsp. garlic, fresh, minced
1 ½ cups vegetable broth
6 ¾ cups vegetable shortening
1 lb. masa flour
2 ½ plantain leaves, fresh
1 tbsp. achiote paste
⅛ cup coconut oil
1 cup green olives, pitted
1 ½ lbs. potatoes, russet, peeled, diced
1 cup quinoa, cooked, steamed
½ cup sweet peas, frozen, thawed
1 ½ cups diced tomatoes, canned, stewed
½ cup vegetable base, Knorr
⅛ cup capers, canned
½ cup garbanzo beans, canned, rinsed
1 tbsp. salt, kosher
1 tbsp. pepper, ground
1 ½ lbs. yucca root, fresh, peeled
½ tsp. salt, kosher
½ cup apple cider vinegar
¼ cup water
1 oz. sugar, raw, granulated
½ lb. cabbage, fresh, shredded
4 oz. red onions, fresh, sliced
1 ½ oz. carrots, fresh, shredded
1 tbsp. oregano, dried

PREPARATION

1. White masa mix: Add bell pepper, cilantro, onion, garlic, and vegetable broth to a blender until well mixed. In a 4-quart pot, heat vegetable shortening. Add seasoned blend and the masa flour, mix well, and cook on medium heat, continuously stirring until thick. Separate one-third of the masa in another 4-quart pot for red masa and reserve remaining in the pan. Cut plantain leaves into quarters.
2. Red masa seasoning: In a 4-quart pot, heat vegetable shortening. Add onion, garlic, bell pepper, and sweat. Add vegetable broth and achiote paste. Bring to a simmer and stir to dissolve paste. Blend mixture in a blender until smooth. Add mixture to reserved white masa and bring to a simmer. Cook until masa thickens and reserve.
3. Stew toppings: Place coconut oil in a 4-quart stock pot until hot. Add onions and garlic, and sauté until brown. Add green olives, potatoes, quinoa, sweet peas, diced tomatoes, and vegetable base, and bring to a simmer. Add capers and garbanzos, and bring to a simmer. Add salt and pepper. Stew until potatoes are tender and reserve.
4. Krispy yucca fries: Slice yucca root into 3/16" sticks. In a deep fat fryer, fry yucca in shortening at 350° F for 2-3 mins. or until golden brown, agitating the fries to prevent sticking. Drain from excess oil and place into a metal mixing bowl. Toss with salt and reserve.
5. Pickled cabbage: Place vinegar, water, and sugar in a saucepan. Bring to a boil. Place cabbage, carrots, and onions in a stainless-steel mixing bowl. Pour hot marinade over the vegetable mixture, ensuring that the onions are submerged. Add oregano and mix until fully incorporated. Cover and reserve.
6. Assembly: On a hot griddle, heat up plantain leaf, then place on plate. Top plantain leaf with ½ cup white masa, ¼ cup red masa, and ¼ cup stew mix. Serve with 4 yucca fries and ¼ cup pickled cabbage. Optional: garnish with cilantro.

