

Tamal Tolimense

A traditional Colombian dish from Tolima, Tamal Tolimense features a savory mix of seasoned pork, vegetables, and masa wrapped in banana leaves and steamed to perfection, offering a rich and comforting flavor.



Colombian

90 min

Total time

Medium

Difficulty

550

kcal / serving

Ingredients

- 150g pork shoulder, diced
- 100g masa (corn dough)
- 30g bacon, chopped
- 1/4 cup peas
- 1/4 cup diced carrots
- 1/4 cup diced potatoes
- 1/4 cup chopped green beans
- 1 small onion, minced
- 1 clove garlic, minced
- 1/4 tsp cumin
- Salt and pepper to taste
- 1 banana leaf (or parchment paper as substitute)
- 1 tsp vegetable oil

Steps

- 1 Soften the banana leaf by passing it over an open flame or boiling water and set aside.
- 2 In a pan, heat the vegetable oil and sauté the bacon until slightly crispy.
- 3 Add the minced onion and garlic, cooking until translucent.
- 4 Add the diced pork shoulder and cook until browned.
- 5 Stir in the vegetables (peas, carrots, potatoes, green beans) and cumin, cooking for about 5 minutes.
- 6 Season with salt and pepper to taste.
- 7 Spread a thin layer of masa onto the center of the banana leaf.
- 8 Spoon the pork and vegetable mixture over the masa, then cover with another thin layer of masa.
- 9 Wrap the banana leaf tightly to form a package and secure it with kitchen twine if needed.

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Steam the tamal in a steamer or pot with boiling water for about 1 hour until fully cooked.

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Let it cool slightly before unwrapping and serving.