



Tamale in a Bowl

Yield: 8 servings Time: 3 hours

INGREDIENTS

- 2 lbs. pork shoulder, cut into 2 inch cubes
- 2 Tablespoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 Tablespoon extra-virgin olive oil
- 1 Poblano or Anaheim pepper, seeded and sliced
- 1 red bell pepper, sliced
- 2 cups red enchilada sauce, store bought or homemade (see attached)
- 2 cloves, garlic, minced
- 1 canned chipotle pepper in adobo sauce, chopped
- 2 bay leaves

DIRECTIONS

1. In a large bowl, combine the pork, chili powder, cumin, salt and pepper and toss to coat.
2. In a large Dutch oven, heat the olive oil over medium high. When it shimmers, add the poblano and bell pepper and cook until charred, about 5 minutes. Remove the peppers from the pot.
3. Place the pork into the same pot and sear on all sides, about 5 minutes total.
4. Reduce heat to low and pour in the enchilada sauce.
5. Add the garlic, chipotles, bay leaves and charred peppers.
6. Bring mixture to boil and then reduce the heat to low. Cover and simmer for 1 1/2 to 2 hours, until the pork is falling apart.
7. Remove bay leaves and shred the meat in the pot.

Wasatch County Cooking Class, March 2024

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Tamale in a Bowl (Continued)

Yield: 8 servings Time: 3 hours

INGREDIENTS

Creamy Polenta:

- 2 cups whole milk, plus more if needed
- 2 cups water
- 1 cup instant polenta
- 2 Tablespoons salted butter, plus more if needed
- Kosher salt and freshly ground pepper

For Serving:

- 1 can black beans
- 1 cup grilled or roasted corn kernels
- 1 avocado, pitted, peeled and sliced
- Shredded cheddar or crumbled cojita cheese (or both)
- Fresh cilantro
- tomatoes or salsa

DIRECTIONS

1. To Make the Polenta: In a medium saucepan, bring water and milk to a boil over medium-high heat.
2. Slowly whisk in the polenta, stirring continuously, until the polenta is soft and thick, about 5 minutes.
3. Stir in the butter and season with salt and pepper.
4. If the polenta seems a little thick, you can add a Tablespoon more of butter or milk; if it is on the thin side, simmer for a few minutes more.
5. To serve, divide the polenta among four bowls and top each with black beans, corn, and sliced avocado. Add the shredded pork and top with cheese, cilantro and salsa or tomatoes.

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Enchilada Sauce

Yield: 8 servings Time: 3 hours

INGREDIENTS

- 2 Tablespoons olive or canola oil
- 2 Tablespoons all-purpose flour
- 2 Tablespoons Tomato paste
- 2 Tablespoons Chili Powder
- 2 canned chipotle peppers in adobo sauce, finely chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne
- 3/4 teaspoon kosher salt
- 2 cups low sodium chicken or vegetable broth

DIRECTIONS

1. In a medium sauce pan, whisk together oil and flour and cook over medium heat for 1-2 minutes.
2. Stir in tomato paste and seasonings. Cook for another minute or so until thick.
3. Slowly pour in the broth and stir until smooth.
4. Reduce heat to low and simmer for 10-15 minutes or until starts to thicken.
5. Use as desired.

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Pina Colada Fruit Salad

Yield: 8 servings Time: 30 minutes

INGREDIENTS

- 1/2 cup cream of coconut
NOT coconut cream* (I use
Coco Brand)
- 1/4 cup pineapple juice
- 1 ripe pineapple chopped into
bite-size pieces
- 1 pound strawberries hulled
and sliced or quartered
- 4 mandarin (clementine)
oranges peeled and sectioned
or canned
- 4 firm ripe bananas sliced
- 9 oz. blueberries
- 1 ½ cups green grapes (not
pictured but a fabulous
addition)
- 3/4 cup sweetened shredded
coconut more or less to taste

DIRECTIONS

1. Whisk the cream of coconut and pineapple juice together in a medium bowl.
Set aside.
2. If serving immediately: Add all of the fruit to a large bowl. Add cream of
coconut/pineapple mixture and coconut and toss to evenly combine.
3. If making ahead: Add all of the fruit to a large bowl EXCEPT bananas. Keep
fruit bowl and cream of coconut mixture separate and cover each with plastic
wrap and refrigerate. Before serving, drain any excess liquid from the fruit
then add bananas, coconut and cream of coconut mixture and toss to evenly
combine.

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Tres Leches Cake

Yield: 12 servings

INGREDIENTS

- 1 15.25-ounce box yellow cake mix
- 1 3.4-ounce package instant vanilla pudding
- 1 cup sour cream (full fat or reduced fat, but not fat free)
- ¼ cup cooking oil (canola or peanut)
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 8 ounces evaporated milk
- 1 14-ounce can sweetened condensed milk
- 1 pint whipping cream, divided
- ¼ cup caramel sauce
- Fruit to top the cake (optional)

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray a 9×13” pan with non-stick cooking spray and set aside.
2. In the bowl of a stand mixer fitted with the paddle attachment (or with a hand mixer in a large bowl), beat together the cake mix, pudding mix, sour cream, oil, eggs, and vanilla and almond extracts for 2 minutes on medium speed.
3. Pour the batter into the prepared pan and bake for 30-40 minutes (or until a pick inserted into the center comes out clean). Allow to cool for about 20 minutes, then, use a bamboo skewer to poke several holes in the cake. Set aside.
4. In a medium bowl, whisk together the evaporated milk, sweetened condensed milk, and ¾ cup of whipping cream. Evenly pour the mixture over the cake. Cover and place the cake in the refrigerator until ready to serve.
5. When ready to serve, toss the sliced fruit with the lime juice and set aside. Beat the remaining 1 ¼ cup of whipping cream until medium peaks form. Gently fold in the caramel syrup. Top individual slices of cake with the caramel whipped cream and fruit slices.

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