INCAP
Instituto de Nutrición
de Centro América y Panamá

Nicaraguan tamale

8 servings

Ingredients

6 cups	Corn dough (masa)
6 tablespoons	Pork lard
3 tablespoons	Annatto (achiote)
To taste	Grated garlic
To taste	Sour orange juice
To taste	Salt
900 g	Pork (ribs, pork loin, and bacon)
8 tablespoons	Uncooked rice (soaked)
3 units	Medium potatoes (sliced)
2 units	Medium tomatoes (sliced)
1 unit	Medium onion
2 units	Chiltomas (sweet peppers) (sliced)
1 unit	Bunch of mint
16 units	Chagüite leaves for wrapping
As needed	Chagüite fiber or cord for tying

Utensils

2 medium pots
1 large pot
Large bowl
Knife
Cutting board
Blender

Preparation

1. Raw corn dough is mixed with pork lard. Annatto (achiote) is blended with sour orange juice, garlic, and salt to taste, and then mixed into the dough until well incorporated. The dough is then cooked, stirring constantly until it thickens.
2. The pork is marinated with annatto (achiote), grated garlic, sour orange juice, and salt to taste, preferably one day before preparing the nacatamales.
3. On a chagüite leaf, place ¾ cup of cooked and prepared corn dough and ½ cup of the previously prepared pork, 1 tablespoon of raw rice that has been previously soaked, 1 piece of bacon, followed by one slice of potato, one slice of tomato, one slice of onion, one slice of chiltoma (sweet pepper), and 3 mint leaves. Finally, add the recado (a blend of sour orange juice, annatto, garlic, onion, chiltoma, and salt to taste).
4. The nacatamal is then wrapped and tied. Place the nacatamales in a large pot, cover them with water, and cook for 3 to 4 hours.

Nicaraguan Nacatamal: Tradition Wrapped in Leaves

The Nicaraguan *nacatamal* is a Sunday treasure: soft corn dough filled with meat, rice, potato, tomato, and bell pepper, all wrapped in banana leaves that fill the kitchen with their aroma as it slowly cooks. It is a dish that brings whole families together, where everyone contributes their own touch to keep the tradition alive. Tasting a nacatamal is savoring Nicaragua's history and affection in a single bite—warm, generous, and deeply our own.

When buying tomatoes and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

Check

- Firm tomatoes, free of bruises
- Bright and with good texture

To store them

- Keep in a cool place, away from sunlight and heat
- Refrigerate in a perforated plastic bag

Information available in A Tribute to the Environment and Health
Request your copy here.

Nutritional information
Estimated nutritional value per serving

Calculations performed with NutrINCAP
Request more information here.

Software NutrINCAP

Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)
512.17	22.06	115.2	3.42	80.06	310.78	2.95	0.24	32.07	16.29	0.98	0.31	6.28	0.7	139.28	0.56	43.36	21.87	7.7	9.41	2.94

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg	Vitamin K (mcg)
63.66	56.48	4.67	3.92	595.33	781.64	1.16	58.28	40.31	1.69	91.56	0.15	0.19	1.49

Recipe obtained through INCAP Technical Cooperation in Nicaragua.

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SICA Sistema de la Integración Centroamericana