

## MASA HARINA FCN

Description: Masa Harina is a type of corn flour made from sun dried posole. Though masa harina is made from ground corn, it is not the same as cornmeal and the two products are not good substitutes for each other. Masa harina cooks up softer, absorbs a lot of fat during its cooking, and holds together better in tortillas.

### Physical Properties

Appearance	Off white.
Size	Min 90% through U.S. #40 sieve.

### Organoleptic Properties

Flavor	Typical of flour, bland.
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### Chemical Properties

pH	Minimum: 6.0	Maximum: 7.2	
Moisture	Minimum: 7.0 %	Maximum: 12.5 %	Method: Halogen Thermogravimetric Analysis

### Microbiological Properties

E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

### Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	24 months (under optimum storage conditions).

### Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product and/or its components does not meet the definition for all natural. This product does not contain bioengineered ingredients.
BE Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Vegan Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
Halal Status	
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

## MASA HARINA FCN

### ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



OliveNation LLC

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## MASA HARINA FCN

### **Ingredient Statement**

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Corn masa flour, trace of lime.

### **Product Certifications**

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Certified Kosher Parve

### **Proximate Analysis**

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Protein	8.00	g
Carbohydrate	76.30	g
Moisture	10.40	g
Ash	1.30	g
Fat	4.00	g

### **Nutritional Analysis**

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Serving Size	100.00	g
Calories	373.00	
Total Fat	4.00	g
Saturated Fat	0.50	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	6.00	mg
Total Carbohydrates	76.30	g
Dietary Fiber	7.20	g
Sugars	1.00	g
Protein	8.00	g
Vitamin A	0.00	IU
Vitamin C	0.00	mg
Calcium	117.00	mg
Iron	2.00	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	301.00	mg



## MASA HARINA

Masa Harina is a type of corn flour typically used in Mexican cooking. It is made from corn kernels that have been treated with lime or wood-ash lye, a process called nixtamalization. When mixed with water and fat, masa creates a smooth dough that is ideal for making tortillas, tamales, huaraches and numerous other Mexican dishes

- Creamy, off-white color and fine, soft texture
- A great vehicle for a wide variety of flavor profiles

STORE IN A DRY, COOL PLACE.

### Nutrition Facts

servings per container	
<b>Serving size</b> 1/4 cup (30g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 23 g	<b>8%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 35.1 mg	<b>2%</b>
Iron 0.6 mg	<b>4%</b>
Potassium 90.3 mg	<b>0%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### BASIC PREP

For tortillas stir 1 cup water and 1/4 teaspoon salt into 1 cup Masa Harina. Knead dough for 5 minutes until it forms a very soft, pliable dough. Adjust texture as needed with more water or Masa Harina. Press 1-1/2-inch balls of dough into 6-inch circles using a tortilla press or rolling pin. Cook 90 seconds per side on dry skillet. Keep warm until serving.

### RECIPE

Authentic Tamales

- 12 Corn Husks, plus extra to cover
- 1-3/4 cups Masa Harina
- 1 cup plus 2 tablespoons hot (but not boiling) water
- 1 stick unsalted butter, cut into 1/2-inch pieces, slightly softened
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1-1/2 teaspoons baking powder
- 1/4 cup chicken broth
- 1 fresh poblano chile, roasted, seeded, peeled and sliced
- 6 ounces Chihuahua cheese, cut into 3-inch-long sticks

Place corn husks in a large bowl of cold water. Soak for 30 minutes. Drain. Meanwhile, stir together Masa Harina and hot water until thoroughly combined. Allow to cool. To a processor add cooled masa, butter, sugar, salt and baking powder. Pulse a few times; process continually for 1 minute. Add the chicken stock in small batches and continue to pulse until the dough is light and slightly fluff.

Set up a small steamer basket in a medium-sized pot, and add about 1 inch of water. Divide batter evenly among soaked corn husks, spreading it out to form a rough rectangle. Place a few strips of poblano and a stick of cheese in the center. Enclose filling in batter by folding over the husk. Fold the pointed end up over bottom half of filling. Leave top open. Stand up tamales in steamer basket, open ends up. Cover tamales with additional corn husks, then a damp cloth and the lid. Bring water to a boil over medium heat, and continue steaming, adding more water if necessary, for about 1 hour. Tamales should easily come free from husks when properly steamed.

Makes 12 tamales

Making great tamales takes some practice, between getting the feeling of the masa dough just right, forming and folding them, keeping the steamer air-tight and knowing when they are done. However, when they are done perfectly, this simple combination of masa, corn, poblano pepper and cheese is nothing short of satisfying.

### INGREDIENTS

Corn Masa Flour, Trace Of Lime.



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**MASA HARINA  
FCN**

**COUNTRY OF ORIGIN DECLARATION**

**THIS PRODUCT ORIGINATES FROM UNITED STATES**