

Making it delicious

PUPUSAS (stuffed corn cakes)

THE
Open
Door

Ingredients

- 3 cups masa harina (masa flour)
- 2 1/4 cups water
- 1/2 tsp. salt
- 1 cup shredded cheese*
- 1 cup refried beans
- Oil for your hands

Other Filling Suggestions:

- Shredded braised meat
- Roasted vegetables

*Mozzarella, monterey jack, or other melty cheese

Pupusas are from El Salvador, and are traditionally served with a tangy cabbage salad called Curtido and Salsa Roja



Instructions

- In a mixing bowl, mix the masa harina and salt. Mix in the water a little at a time, until it becomes a smooth, but firm, dough. If the dough is too wet or sticky, sprinkle on a little more flour, and if it is too dry add a little more water.
- Divide the dough into golf ball-sized pieces and roll each piece into a ball (you should get about 14 balls).
- Mix some oil and water in a small bowl, and lightly oil your hands to prevent the dough from sticking. Re-wet your hands as needed for each pupusa.
- Pick up one ball and flatten it into a cup shape. Fill it with a tablespoon or two of fillings (refried beans and a sprinkle of cheese, or whatever you choose). To make the process easier, you can mix the cheese into the refried beans first.
- Seal the dough around the fillings, then flatten gently by alternating the dough back and forth between the palms of your hands, until the pupusa is about 1/4 inch thick and about 4 inches in diameter.
- Cook on a nonstick skillet over medium heat for about 5 minutes per side, or until golden brown and the cheese is melted.

Recipe adapted from acozykitchen.com, thebigmansworld.com & thespruceeats.com

SERVINGS: 4-6 | PREP TIME: 30 MIN