

# Authentic Salvadorian Pupusas

By Chef Tania Salmeron

Makes about 10 pupusas

*You can make pupusas ahead of time and refrigerate until you are ready to cook them. Don't freeze pupusas, though, or the flavor will suffer.*

## INGREDIENTS

### For the pork filling:

$\frac{1}{2}$  cup red or green bell pepper

Salt to taste

1 or  $\frac{1}{2}$  pound of pork butt, trimmed and cubed

1 tablespoon ground cumin

$\frac{1}{2}$  cup white onion

3 cups of water

### For the bean filling:

1 or 2 cans of red or pinto beans

$\frac{1}{4}$  cup onion small dice

Salt to taste

$\frac{1}{2}$  tablespoon ground cumin

VARIATION: Add shredded cauliflower or zucchini to make a veggie type.

### For the cheese filling:

1  $\frac{1}{2}$  cups Mozzarella cheese, coarsely shredded

$\frac{1}{2}$  cup red or green bell pepper - small dice

## DIRECTIONS

### Make the pork filling:

1. Place **pork** in medium pot, add **water** and cook meat until it is very tender, for about 3 hours.
2. Once pork is tender, strain out the water and place pork back in pot to pan fry until golden brown.
3. When pork is done, add **all of the ingredients** in a food processor until smooth.

### Make the bean filling:

4. Smash beans with a potato masher and **mix all ingredients**.

### Make the cheese filling:

5. Combine the shredded cheese and diced bell pepper.

For the dough:

2 cups of masa harina or Maseca  
1 cup of warm water

$\frac{1}{2}$  cup of oil

Make the dough:

7. Prepare dough by adding the **water** to the **masa harina** little by little, you don't want the dough too soft or too dry.
8. Form the pupusas: Place an egg size ball of **masa** in your hand and rub with a little bit of **oil**, this helps the pupusa not stick to your hands. Press the masa out using three fingers with your right hand (left if left handed) and place about a **tablespoon and a half of whatever filling** desired.
9. Pull the sides of the masa around the filling, sealing it by pinching it working toward the center of the ball. Once the ball is formed you can slowly start to flatten it, try to keep it in a round shape. If it is not round, it is okay. The more you practice on it, the better you will become in making a beautiful round pupusa. ☺
10. The pupusa should be about  $\frac{1}{2}$  inch thick, by this step you should have your nonstick griddle or skillet **oiled** and heated on med-high. You want a nice hot surface, so the pupusa won't stick. Make sure your pupusa is oiled as well but not too much. If you hear the pupusa sizzle as soon as it hits the griddle, then the temperature is perfect and you can lower it a little bit to medium heat.
11. Cook until each side is about golden brown, try not to move the pupusa too much when it is on the griddle, or it will take longer to cook.