



## Hand-Stuffed Puffy Veggie "Pupusas"

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 10 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

### Equipment

- ☐ Large skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Cutting board + kid-safe knife
- ☐ Pancake turner or heat-resistant spatula

### Ingredients

#### Hand-Stuffed Puffy Veggie "Pupusas"

- ☐ 2 C corn masa flour (not cornmeal—we like Maseca Gluten-Free Instant Yellow Corn Masa Flour)
- ☐ 1 C water

- ☐ 1 tsp salt
- ☐ 1 pinch cumin
- ☐ 1 to 3 T vegetable oil, for cooking the "Pupusas"
- ☐ Choose 1 or more of the following ingredients:
- ☐ 1 zucchini
- ☐ 12 button mushrooms
- ☐ 1 15-oz can black beans **\*\*(Omit for LEGUME ALLERGY)\*\***
- ☐ 1 15-oz can corn
- ☐ 1 bell pepper
- ☐ 2 roma tomatoes
- ☐ 2 green onions
- ☐ 1 avocado
- ☐ 1 C queso fresco, optional **\*\*(Omit for DAIRY ALLERGY)\*\***

## Food Allergen Substitutions

### Hand-Stuffed Puffy Veggie "Pupusas"

**Dairy:** Omit queso fresco for optional filling.

**Legume:** Omit canned black beans for optional filling.

## Instructions

### Hand-Stuffed Puffy Veggie "Pupusas"

#### intro

The "pupusa" (poo-POO-sah) is a classic Salvadoran dish. Pupusas remind me of a tortilla, but thicker and stuffed with all sorts of treats like meats, vegetables, or cheese. So get your mixing bowls out and clean those hands because it's time to make some handmade "Pupusas" of your own!

#### measure + mix + knead

Start by making the pupusa dough. Measure and combine **2 cups corn masa flour**, **1 cup water**, **1 teaspoon salt**, and **1 pinch of cumin**. Then, mix with a wooden spoon until a ball of dough starts to form. At this point, switch from stirring with the spoon to kneading with your clean hands. Knead the dough

for roughly 5 minutes. Let the dough rest for a few minutes after kneading.

### chop + stuff + shape

While the dough is resting, chop all of the vegetable fillings you chose. The vegetables will need to be small enough to spread evenly throughout the pupusa. Roll a few tablespoons of the dough into flattened disc shapes. Then, add in a few teaspoons of the chopped vegetables to each disc of dough. Press the vegetables into the pupusa. Take your time making sure all the vegetables are all firmly stuffed into the pupusa.

### sauté + serve

Add **1 tablespoon of vegetable oil** to a skillet and turn the heat to medium. Place the "Pupusas" in the skillet and cook them on each side for about 3 minutes or until golden brown. Add an additional tablespoon of vegetable oil to the skillet any time you add another batch of "Pupusas" to the skillet. Serve these crispy Hand-Stuffed Puffy Veggie "Pupusas" alongside Blender Whizzed Garden Salsa (see recipe)! Enjoy!

## Featured Ingredient: Corn Masa Flour!

Hi! I'm Corn Masa Flour!

"I'm also called Masa Harina. You can use me to make gorditas, pupusas, sopes, tamales, and tortillas! You can even add corn masa flour to soups, cakes, and cookies! Did you know "masa" means "dough" or "mass" and "harina" means "flour" in Spanish?"

Corn masa flour is dehydrated (dried) corn masa, a dough made from finely ground corn kernels cooked and soaked in limewater (calcium hydroxide), an alkaline solution. This process, called "nixtamalization," was developed in Mesoamerica about 3,000 years ago and gives the masa a distinctive flavor. Let's say it together: nis-TUH-mal-uh-zay-shun. You got it!

When you add water back into the flour, it becomes masa, or dough, again. Of course, you can use fresh masa, but it can take a few hours to simmer and soak the dried corn kernels and then grind them in a food processor. It is much quicker to get a bag of masa harina at the market and just add water!

Corn masa flour has protein, fiber, B vitamins, potassium, calcium, and magnesium.