



Savory Salvadoran Bean & Cheese Stuffed "Pupusas" Griddle Bread

By Dylan Sabuco

Prep Time 20 / **Cook Time** 5 / **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).

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

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

fry: to cook in a pan in a small amount of fat.

Equipment

- ☐ Skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Wooden spoon

Ingredients

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- ☐ 2 C corn masa flour

- ☐ 1 C water
- ☐ 1 tsp salt
- ☐ 1/8 tsp ground cumin
- ☐ 1 15-oz can black beans, drained and rinsed ******(for LEGUME ALLERGY sub 1 small chopped zucchini)******
- ☐ 1 C grated cheddar cheese or a blend of cheeses ******(for DAIRY ALLERGY sub dairy-free/nut-free shredded cheese)******
- ☐ 3 T vegetable oil ******, for cooking the "pupusas"

Food Allergen Substitutions

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Legume: For 1 15-oz can black beans, substitute 1 small chopped zucchini.

Dairy: Substitute dairy-free/nut-free shredded cheese.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Instructions

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intro

“Hola” (OH-la) or “Hello” in Spanish! The "pupusa" (pooh-POOH-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. In a large mixing bowl, 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.

stuff + shape

Divide the dough into as many 2 tablespoon-sized balls as possible. Each pupusa will be stuffed with cheese and beans. Roll **1 tablespoon black beans** and **1 tablespoon grated cheese** into each dough ball. Press the beans and cheese into the pupusas. Take your time making sure all the beans and cheese are firmly stuffed into the pupusas. When you are done pressing the beans and cheese into the pupusas they should be flattened into a chunky disk.

sauté + serve

Add **1 tablespoon of vegetable oil** to a skillet and turn the heat to medium. Place the stuffed pupusas in the skillet and cook them on each side for about 3 minutes or until golden brown. Add a tablespoon of vegetable oil to the skillet any time you add a batch of pupusas to the skillet. Once they are golden brown, serve them and enjoy! “Buen provecho” (Bwayn proh-VAY-choh) or “Enjoy your meal” in Spanish!

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.