

authentic salvadorean pupusas

Makes 20 pupusas

RECIPE FROM: Caroline Galdamez, SAS Canada, sharing a dish from El Salvador via [Food](#).

COOK TIME: 40 minutes

3 cups (or 2 cans) red beans, cooked
¼ small onion, sliced
½ cup corn oil (can also use avocado oil)
salt, to taste
1 cup water

3 lbs mozzarella cheese, shredded
½ green bell pepper, diced
½ cup chile (such as lorocco)

4 cups masa corn flour
2 cups warm water

NOTE ABOUT THE RECIPE FROM CAROLINE

Pupusas are similar to a flat bread that is made with corn flour (masa) and filled with delicious cheese and beans or meat. Pupusas are a traditional dish from El Salvador and they're cooked on a hot griddle and often served with curtido and salsa.

These remind me of home! They are also a reminder of the strong and compassionate women in my family. My grandmother had a Pupuseria for many decades and built her entrepreneurial knowledge from scratch while also teaching other women in our family about business, cooking and making a true impact on your customers lives through relationships.



THE BEANS

HEAT oil in a large soup pan on medium high heat. Once oil is heated, add onion and fry until golden brown, about 4 minutes. When done, remove from pan with a slotted spoon and set aside.

WHILE onions are cooking, place half of the beans and ½ cup water into a blender and blend for about 1 minute.

CAREFULLY stir blended beans into the hot oil and turn heat down to medium low.

ADD cooked onion, remaining beans and ½ cup water to blender and liquefy for about 1 minute. Then add to the rest of the bean mixture already cooking in the pan.

CAREFULLY stir the beans until no oil appears, about 3 minutes. Cook over medium heat, stirring every 5 minutes until beans have darkened about 3 shades and are the consistency of refried beans.

THE CHEESE

PLACE shredded mozzarella, bell pepper and chile in a food processor. Process until pepper and chile are in tiny pieces and fully incorporated into cheese.

PLACE cheese mixture in a bowl and warm in the microwave for no more than 20 seconds. Squeeze cheese mixture with your hands until it becomes a soft putty consistency. Set aside.

THE MASA

PLACE masa mix and water in a bowl and stir until fully mixed. It should be very sticky but form an easy ball when rolled. If not, add more water.

PLACE an egg-size ball of masa in your hand (it helps to place a little oil on your hands first) and press masa out to represent a small plate the size of your palm.

PLACE about a tablespoon of cheese onto the masa, then about a teaspoon of beans. Pull sides of the masa up and roll it into a ball. Flatten it with your palms to form a thick disc. Pat the disc, turning it between your hands about 6 times to flatten it more but to keep it's round shape. The pupusa should be a little less than ½ inch thick.

PLACE pupusa on a large oiled non-stick surface and cook on medium high heat until each side is golden brown, about 3 minutes on each side.