



## EL SALVADORIAN PUPUSAS

### Ingredients

For the pupusa dough (14 servings)

- 3 cups masa harina
- 2 teaspoons kosher salt
- 2 3/4 cups cold water

For the cheese filling (14 servings)

- 2 cups shredded Oaxaca cheese, or mozzarella
- 1/2 cup pickled jalapenos, small dice
- 1/2 cup roasted butternut squash, small dice

For use on the hands

- 1 cup water
- 2 tablespoons oil

### Directions

For the pupusa dough

In a medium bowl, whisk together the masa and salt, pour in the cold water and, using a spatula, stir the masa until combined. Using your hands, mix until a soft dough forms. The dough will be soft; this is okay.

Add water to a measuring cup and pour it into the oil (you can eyeball it). Lightly dip your hands in the oily water mixture, making sure your hands are coated. This will keep the masa from sticking to your hands.

Using your hands or a 2-ounce ice cream scoop, make the dough balls and place them on parchment paper.

To assemble the pupusas

Preheat the oven to 200 F.

Add water to a measuring cup and pour it into the oil (you can eyeball it). Lightly dip your hands in the oily water mixture, making sure your hands are coated. This will keep the masa from sticking to your hands.

Place the dough balls on a cooling rack and into the oven. This will keep the dough soft and warm.

Preheat the skillet over medium heat.

Working 1 dough ball at a time, flatten the balls gently into 1/2-inch thick discs. Place a tablespoon or 2 of the cheese filling, pinch of diced jalapeno and diced squash into the center and wrap the dough around the filling, creating a half-moon shape. Pinch the edges to seal completely, then pat the dough gently, flattening it and alternating hands until you form a disc 1/4-inch-thick thick and about 4 inches in diameter. Regrease hands as needed. Repeat.

Add 1 tablespoon of oil to coat the skillet, add the pupusa to the pan 2 or 3 at a time, cook the pupusa for 4 to 6 minutes per side, and then transfer to a baking sheet pan in the 200 F oven for holding and repeat the process until done. Serve with the curtido when ready.

### Side dishes

- Curtido (Cabbage Vinegar Slaw)
- Estofado de Frijoles Negros



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