

Pupusas

Makes 12



Ingredients

For the Cortido

- 8 cups of white cabbage, shredded thinly
- 1 carrot, shredded thinly
- ½ medium onion, thinly sliced
- 1 teaspoon dried oregano
- 1 ½ teaspoons Kosher salt
- 3 pinches red pepper flakes
- 1 ½ cups boiling water
- 1 cup apple cider vinegar

For the Salsa

- 2 large tomatoes, cut into chunks
- ¼ small white or brown onion
- 1 garlic clove
- ½ - 1 serrano chili (depending on how spicy you want it)
- 2 cups water
- 1 teaspoon chicken bouillon
- ½ teaspoon Kosher salt
- 1 teaspoon canola oil

For the Masa

- 4 cups masa harina
- ½ teaspoon kosher salt
- 2 ¾ - 3 cups warm water

For the Bean and Cheese Filling

- 2 tablespoons canola oil
- 2 ½ cups cooked black beans
- 1 cup mozzarella cheese, shredded mixed with 1 cup queso fresco, crumbled

Canola oil for the griddle pan

Steps

- 1. Make the cortido.** In a large bowl, mix together the cabbage, carrot, and onion. Add oregano, salt, and red pepper flakes. Next, pour the apple cider vinegar and water into the bowl and mix it well. Add a plate to weigh down the cabbage and let it sit in fridge for at least 6 hours to overnight.
- 2. Make the salsa.** Put the tomatoes, onions, garlic, chili, salt, bouillon and water into a blender and blend on high. In a medium-size saute pan heat the canola oil on medium-high heat and pour the salsa into the pan. Bring to a boil stirring occasionally. Reduce to a simmer and continue to cook until the salsa is reduced by half. Allow the salsa to cool to room temperature before serving.
- 3. Make the filling.** I use homemade black beans that have been seasoned with garlic, onion, cumin and ancho chilis. You can also use canned black beans. If using canned, rinse them first. Add the beans to the blender with ¼ cup water (or chicken stock) and blend until a thick puree forms. Heat 2 tablespoons canola oil over medium-high heat. Add the beans and cook in the oil until they thicken. You may want to season them with onion and garlic powder and some spice (chipotle or ancho chili powder). Taste for seasoning and let cool.
- 4. Make the Masa.** Mix together the masa harina and kosher salt in a large bowl. Make a well in the center and pour in the warm water. Start with 2 ½ cups and work the mixture with your hands until a smooth dough forms. It should feel hydrated with no dry crumbles. If dough is too dry add a little more water. Once a smooth ball forms, cover with a damp towel and let rest for 15 minutes. Using an ice cream scoop or your hands, form balls the size of golf balls. Place masa balls on a sheet pan and cover with a damp towel to prevent them from drying out.
- 5. Forming the Pupusas.** I like to use a quart-size ziploc bag where the sides and top have been cut. I place one ball between the plastic sheets and press down using a pie plate (a glass one is awesome because you can see the thickness of the masa which should spread out close to the edges of the bag). Remove to a plate and repeat process with another ball. Now add about 3 tablespoons of bean and 3 tablespoons of cheese to the bottom round. Place the other masa round on top. Put the plastic over it and gently apply pressure with the pie plate to “glue” the pupusa together. You then have to pinch the edges with your fingers. Repeat process with remaining dough, beans and cheese.
- 6. To cook pupusas.** Heat a griddle pan to medium-high heat. Brush the griddle with canola oil. Cook the pupusas on each side for about 5 - 6 minutes or until both sides are browned and the cheese has melted (some may ooze out). Serve immediately with cortido and salsa or store pupusas in a 300°F oven on a baking sheet pan to keep warm while you finish cooking the rest of the batch.