

# Pupusas-

*the National Dish of El Salvador - a thick, stuffed, skillet-cooked corn tortilla, traditionally served with a side of tomato salsa and coleslaw.*

## INGREDIENTS:

### Filling:

- 1 cup refried beans, cooked
- 1 cup mozzarella cheese
- vegetable oil, for frying
- *Optional: cooked ground meat, if desired*

### Pupusa dough:

- 4 cups masa harina (*This is a flour made from corn. You can find this in the Goya section or international section of your grocery store.*)
- 2 teaspoons salt
- 3 cups cold water

## INSTRUCTIONS:

1. Cook beans (and meat, if desired) in a little oil in a frypan, until warm and smooth. Add cheese and mix well. Set aside.
2. In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a clay-like texture.
3. Fill a small bowl with water and a bit of oil and set near your work station. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.
4. Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.
5. Fill the dough round with 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil. Repeat with the remaining ingredients.
6. Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 minutes, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 minutes more, until golden brown and warmed through. Repeat with the remaining pupusas.
7. Eat warm, with salsa and coleslaw if desired.

**Enjoy!**