

PUPUSAS

BY CHEF ENMA BASAVE

SIMILAR TO VENEZUELAN AREPAS OR MEXICAN GORDITAS, A PUPUSA IS A TRADITIONAL SALVADORIAN THICK CORN TORTILLA THAT IS USUALLY STUFFED WITH A SAVORY FILLING.

INGREDIENTS

serves 12

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| 1 lb of chicken thigh (boneless skinless) | 1 Masa |
| ½ roma tomato | 3 cups of masaseca |
| ¼ green bell pepper | 1 teaspoon of salt |
| ¼ yellow onion | 3 cups of warm water (as hot as you can handle it) |
| 1 teaspoon of chicken bouillon powder | |
| ½ teaspoon of salt | |
| Pinch of black pepper | |
| ½ tablespoon of oil | |
| 24 oz of mozzarella cheese (6 cups) | |

INSTRUCTIONS

- Cut chicken thigh into dice. (big or small pieces doesn't really matter)
- Heat oil in a large skillet over medium-high heat. Cook chicken thigh with salt, pepper, and chicken bouillon powder. While the chicken is cooking, start dicing bell pepper, onion, and tomato. Then add the vegetables to the chicken.
- Cook the chicken and vegetable for 20-25 minutes; until the chicken looks brown and juice has reduce to almost nothing.
- After the chicken is cooked let it cool for about 10 minutes before putting it in the food processor. Blend the chicken until it looks like paste.
- Put the chicken in the bowl then add the mozzarella cheese and mix it together. Before adding the cheese make sure that the chicken is not hot so the cheese doesn't melt. Put it aside to start making the masa.
- In a bowl add the masaseca and the salt. Then add half of the warm water slowly while mixing it with the other hand. Continue adding the water and mixing the masa until it feels like a playdough.
- Place skillet on stove with medium heat.
- While the skillet is getting warm, grab a piece of masa and make it into a ball - the size of a lemon.
- Flatten the masa with your hand so it would look like a handmade tortilla about 4 inches, not too thin because it will break.
- Grab a piece of the meat and cheese mixture and place it on the middle of the masa.
- Cover the meat mixture with the masa making it look like a dumpling.
- Then flatten the masa and meat mixture so it would look like a handmade tortilla. If you feel like the masa is sticking to your hands add a little water to your hands so it will help with the sticking.
- Put a little bit of oil on your skillet and place your pupusa.
- Flip pupusa every 2 minute for about 8 minutes.
- Serve warm with curtido and salsa roja.

CHEF TIPS

- Substitute the chicken with beef or pork.
 - Other flavor additons: refried, black, red or pinto beans.
 - To make vegetarian: susitute the meat for cheese with beans or shredded zucchini.
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CURTIDO & SALSAS ROJAS

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INGREDIENTS

salsa roja

- 5 roma tomatoes
- ¼ yellow onion
- ½ green bell pepper
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon of chicken bouillon powder
- 1 cup of water
- 1 teaspoon of apple cider vinegar
- 1 tablespoon of oil

curtido

- 1 cabbage
- 1 carrot
- ½ red onion
- 2 jalapeños
- 1 teaspoon oregano
- 2 teaspoon salt
- 1 cup of apple cider vinegar
- 8 cups of boiled water
- 1 cup of warm water

INSTRUCTIONS

SALSAS ROJAS

- Dice tomato, onion, and green bell pepper and place it in the blender.
- Add the salt, garlic powder, chicken bouillon powder, water, and apple cider in the blender and blend on high.
- Heat the oil on medium high heat and pour the sauce into the pan.
- Bring to a boil stirring occasionally. Boil for about 10 minutes until the sauce doesn't have foam on top.
- Taste the sauce to see if it needs more salt or chicken bouillon powder.
- Allow the sauce to come down to room temperature and serve.

CURTIDO

- Bring 8 cups of water to a boil.
- Cut cabbage to halves in half to quarters, then it's very easy to cut the core out.
- If you have a mandolin, I think it's better for slicing and shredding. Or you could cut the cabbage julienne style place it in a bowl.
- Peel carrot, get a shredder to shred your carrot then place it in a bowl with the cabbage.
- Cut onion in half, then into perfectly thin slices then place it in a bowl with the cabbage mix.
- Cut jalapeños in rings then add it to the cabbage bowl mix.
- Add the boiling water to the cabbage mix for about 5 minutes, then drain the water out.
- Mix 1 cup of warm water, the vinegar and the salt. Then add the vinegar mixer to the cabbage
- mixer, and add 1 teaspoon of oregano and mix.
- Add the cabbage mixer to a glass jar, you could keep it in the refrigerator for about 14 days.

CHEF TIPS

- Both can be made the day before you make the pupusas.
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