TASTE OF THE WORLD

SALVADORIAN PUPUSAS AND CURTIDO

YIELD: 8 SERVINGS

INGREDIENTS

Curtido
- ½ head green cabbage, shredded
- 1 large carrot, shredded
- 1 cup medium yellow onion, diced
- ½ cup apple cider vinegar
- ¼ cup water

- ½ tsp salt
- ½ tsp brown sugar, packed
- 1 tsp dried oregano
- 1 tsp red pepper flakes

Pupusa
- 2 cups masa harina
- ¼ tsp salt
- 1½ cups warm water

- ½ cup queso fresco, grated
- ½ cup cotija, grated

DIRECTIONS

Curtido
1. Combine the shredded cabbage, carrot, and diced onion in a large mixing bowl.
2. Combine the apple cider vinegar, water, salt, brown sugar, oregano, and red pepper flakes in a smaller, separate bowl. Add the vinegar mixture to the cabbage mixture and mix until combined.
3. Cover the curtido with plastic wrap and refrigerate for at least 2 hours, but preferably a day in advance.

Pupusa
1. Combine the masa harina, salt and water in a mixing bowl. Knead the mixture to form a smooth, moist dough that resembles playdough. If the mixture is too dry, add more water a teaspoon at a time. If the dough is too sticky, add additional masa harina a teaspoon at a time.
2. Cover the dough with a clean towel and let stand for 10 minutes. While the dough rests, mix the two grated cheeses together to form a combined cheese mixture. Once the dough has rested, separate the dough into 8 equal sections and roll each section of dough to form a ball. Using your thumb, make an indentation in the center of each ball to form a small cup.
3. Fill the cup with enough cheese to fill the indentation (1-2 tablespoons), and then wrap the dough around the filling to seal. Flatten the ball of dough to form a tortilla shaped disk by pressing the dough back and forth between your hands. It should be around ¼ of an inch thick. Repeat with the rest of the balls to form 8 pupusas.
4. Heat a lightly oiled (about 1 tablespoon) medium-sized skillet over medium-high heat. Cook the pupusas on the skillet for 4-5 minutes on each side until golden brown. If needed, add additional oil one tablespoon at a time to keep the pupusas from sticking to the skillet. Serve the warm pupusas with the chilled curtido on top.

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