

TASTE OF THE WORLD

INTERNATIONAL
recipes



SALVADORIAN PUPUSAS AND CURTIDO

YIELD: 8 SERVINGS

A pupusa is a traditional Salvadoran dish of a thick corn tortilla stuffed with a savory filling. It is typically accompanied by curtido (a spicy cabbage slaw), and a tomato salsa.



INGREDIENTS

Curtido	<i>½ head green cabbage, shredded</i>	<i>½ tsp salt</i>
	<i>1 large carrot, shredded</i>	<i>½ tsp brown sugar, packed</i>
	<i>1 cup medium yellow onion, diced</i>	<i>1 tsp dried oregano</i>
	<i>½ cup apple cider vinegar</i>	<i>1 tsp red pepper flakes</i>
	<i>¼ cup water</i>	
Pupusa	<i>2 cups masa harina</i>	<i>½ cup queso fresco, grated</i>
	<i>¼ tsp salt</i>	<i>½ cup cotija, grated</i>
	<i>1½ cups warm water</i>	

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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