

# RECIPES FROM three eighty ate

## Salvadorean Pupusas Revueltas

### Masa:

2 cup	Corn Flour (Maseca)
1 ¼ cup	Water
¼ cup	Vegetable oil
Salt to taste	

### Filling

1.5 cup	Mozzarella cheese
½ cup	Ricotta Cheese
0.5 lb.	Pork Belly or Pork Butt
¼	Green Bell Pepper, chopped
½	Tomato, chopped
¼	Spanish Onion, diced
1 clove	Garlic, chopped
Salt to taste	

Note: 1-oz of stuffing for every pupusa

### Salsa Roja

3	Tomatoes
2 Cloves	Garlic
1/8 <sup>th</sup>	White Onion
1 teaspoon	Chicken Bouillon
Pinch of Cumin	
Salt & Pepper	

### Curtido Salad

1 lb	White Cabbage, shredded
1	Medium-sized Carrot, shredded
½	Spanish Onion, Julienne
½ cup	White Vinegar
½ teaspoon	Dry Oregano
2 teaspoon	Sugar
Salt & Pepper to taste	

### Making the Masa

Combine the flour with the water, oil, and the salt, mix by hand until all the ingredients are well incorporated. Can rest covered while preparing the stuffing, salsa roja and curtido.

### Filling

Cut it on 1-inch square, season it with salt, pepper and a pinch cumin, place it on a saucepan with 2 tablespoon of canola oil. Sear pork at high temperature to give it a nice brown color. Lower temperature once seared, cover and let it cook for 20 minutes or until its fully cooked. Let cool. Once cool in a food processor combine meat, cheese along with green peppers, onion, tomatoes, garlic and salt and pepper. Pulse to combine all ingredients.

### Salsa Roja

In a saucepan add tomatoes, onions and garlic and cover with enough boiling water to submerge the ingredients. Let cook for 2 minutes. Drain. Peel tomatoes and add all ingredients in blender. Return blended ingredients to saucepan, add the chicken bouillon, cumin, and salt to taste. Let sauce cook down for a few minutes. Set aside.

### Curtido Salad

Shredded cabbage must be passed through boiling water for 1-minute and then cooled down. Mix it with the rest of the listed ingredients and let rest. The salad is even better if you make the day before and refrigerate.

### Making Pupusas

Wet hands with water and oil to make pupusas. Make 2.5 oz balls and shape it by hand making it a disk or use a tortilla press to flatten it to a thick disc. Place one ounce of filling on disc. Using your hands, cover filling with the dough and roll it back again making a ball. Either use your hands or press to flatten the pupusa one more time making sure that you do not squeeze out the filling. Use a non-stick pan, preheat it prior to start to cook add oil enough to cover the bottom of the pan, it will take from 3 to 4 minutes each side of the pupusas to be cook.

Serve warm pupusas with a side of curtido and salsa roja.