



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Cheese Pupusas (EL SALVADOR)

Ingredients

- 1 teaspoon kosher salt
- 2 cups masa harina (9 ounces by weight)
- 1 ½ cups water

Ingredients

- 12 ounces industrial mozzarella, grated (preferably Polly-O whole milk)
- Vegetable oil, as needed

Directions

1. In a large bowl, mix the salt well into the masa harina.
2. With your hands, knead the water into the masa harina in a few additions; work all the water in evenly. The dough will feel like stiff mashed potatoes.
3. Lay a 12-inch square of plastic wrap or a zip-lock on a smooth work surface.
4. Divide the cheese into 9 equal piles.
5. Roll a 2-oz ball of dough in your hands, about the size of a golf ball. Pat it out in your hand to form a disc a little larger than your palm. (If dough is sticky, lightly moisten or oil your hands.)
6. Pat a pile of cheese onto the masa, leaving a little space around the edges. Carefully close your hand to bring the edges of the disc closer, and use your other hand to pat and pinch together to enclose the cheese in a rough ball. Patch holes with a little more masa.
7. Moisten or oil the plastic wrap, and pat out the pupusa on it, forming a disc about 4 inches wide. Repeat, forming a second pupusa.
9. Heat a large nonstick sauté pan over medium heat, and very lightly grease it with oil.
10. When oil appears thin, lay pupusas in pan; cook until richly browned in spots, about 4 minutes. (If you can fit 3 or 4 pupusas at a time in the pan, increase heat to medium-high.) Some cheese may bubble out. Flip pupusas; cook 4 minutes, until browned and cooked through.
11. Serve finished ones immediately with curtido; repeat, forming and cooking remaining pupusas.

Enjoy!