

Pupusa

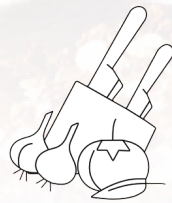
(Masa Cake)

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 8

Fun Fact: In 2005, the Salvadoran Legislative Assembly declared pupusa the national dish of El Salvador.



Ingredients

2 cups masa harina (or $\frac{2}{3}$ cup of cornmeal and $1 \frac{1}{3}$ cups of all-purpose flour)

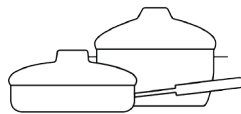
Pinch of salt

$1 \frac{1}{3}$ cup warm water

1 cup of grated cheese

2 tablespoons of sour cream

Vegetable oil



Directions

1. Combine masa harina (or plain cornmeal and flour substitute), salt, and water in a mixing bowl.
2. Knead to form a smooth, moist dough with a Playdough-like consistency. If the mixture is too dry, add water, one teaspoon at a time. If the mixture is too sticky, add more masa harina or cornmeal, one teaspoon at a time.
3. Cover bowl with a clean towel and let stand for 10 minutes.
4. With lightly oiled hands, form the dough into 8 balls about 2 inches in diameter.
5. Using your thumb, make an indentation into one of the balls, forming a small cup. Fill the cup with 1 teaspoon sour cream and 1 tablespoon of cheese.
6. Wrap the dough around filling to seal it. Making sure filling does not leak, pat the dough back and forth between your hands to form a round disc about $\frac{1}{4}$ -inch thick. Repeat with the remaining balls.
7. Using a lightly oiled skillet over medium-high heat, cook the pupusas for 2-3 minutes on each side, until golden brown.
8. Serve warm.