

LATIN AMERICAN DISHES

PUPUSAS

Ingredients:

- Maseca (corn flour)
- Salt
- Water
- Chicharrón (½ lb boneless pork shoulder) (can be bought already made at a local Latino market or can be made using the following ingredients)
 - 2 tomatoes
 - ½ onion
 - 1 green pepper
 - 1 clove of garlic
 - Salt
- 2 cups of shredded mozzarella cheese
- Oil

Directions for Chicharrón:

1. Cut pork shoulder into small cubes
2. Heat half a cup of oil in a pan, then add pork shoulder, cooking until golden brown
3. Remove pork onto a plate, making sure to remove excess oil
4. Add two spoons of oil to another pan and heat
5. Chop up 2 tomatoes, ½ onion, 1 green pepper, and 1 clove of garlic; add to pan
6. Remove onto a plate, making sure to remove excess oil
7. In a blender, add the pork shoulder and vegetables and blend; slowly add salt

Directions for Pupusas:

1. Add 2 cups of Maseca (corn flour) into a bowl with one spoon of salt and mix
 - Add approximately ½ cup of water into flour mixture
2. Mix the dough until it becomes a clay like texture (soft)
3. Add oil (approximately ¼ cup) to a separate small bowl (to wet hands while kneading dough)
4. Dip fingers into oil (this keeps the dough from sticking to your hands; grab dough (about the size of a golf ball) and flatten into a circular shape
5. Take about two spoons of chicharrón and place into the center of the dough; take about 1 spoon of cheese and place into the center of the dough

6. Fold the dough into a ball shape, make sure the filling is fully inside, removing excess dough if necessary
 7. Dip fingers into oil, flatten dough into circular shape (if it has cracks, cover with a little bit of dough and oil)
 8. Heat up pan, grab a paper towel and dip into bowl with oil and spread around pan (do not add oil directly into pan, it only needs a small amount of oil so the pupusa will not stick)
 9. Place pupusa in the pan and cook for approximately 3-4 minutes; flip and cook for another 3-4 minutes. It should be a golden brown color and the dough should feel a little bit hard (toasted)
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CURTIDO (Optional)

Curtido is best if made a day earlier to let it soak in the vinegar

Ingredients:

- ½ onion
- ½ cabbage
- 1 carrot
- 3 cups of boiled water
- 2 cups of apple cider vinegar
- 1 tablespoon salt
- 1 tablespoon oregano

Directions for curtido:

1. Finely chop up ½ onion and ½ cabbage, grate the carrot; add to a bowl with 3 cups of boiled water and mix
2. Drain water after 1 minute of mixing
3. Add 2 cups of apple cider vinegar; add salt and oregano, mix

SALSA (Optional)

Ingredients:

- 3 tomatoes
- 3 cups of Water
- 1 tablespoon of Salt
- 1 tablespoon of Oregano

Directions for salsa:

1. Bring 3 cups of water to a boil, then add 3 tomatoes. When their peels begin to crack, remove the tomatoes and add them to a blender
 2. Add salt and oregano; add 1 cup of boiling water and blend
 3. Add salsa from blender into a pot and boil
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PASTELILLOS DE CARNE

Ingredients:

- Goya Discos Grandes, 10 count, 20 oz
- Ground beef
- Cheddar cheese
- Salt
- ½ onion (cut)
- ½ cup of spanish olives
- 1 bag of sazón con culantro y achiote
- 1 tomato sauce can
- 2 spoons of sofrito
- 3 garlic cloves (cut)
- Olive oil

Directions for pastelillos:

1. Add your oil, onions, and garlic to the pan on medium-high for 1-2 minutes. Once the onions become translucent, add the sofrito and sauté for another 3-4 minutes
2. Once the sofrito is cooked, add the beef to the pan and sauté for 4-5 minutes, using the spatula to break the beef into smaller pieces
3. Add the tomato sauce, olives and sazón. Stir until combined and sauté until all the liquid from the bottom of the pan has evaporated, add salt to taste
4. Set the beef aside and let it cool
5. Add two tablespoons of beef filling and one slice of cheese to a Goya disk. Fold the disk in half, trying to make the edges fit as closely as possible. Press the edges together using a fork
6. Heat oil in a large frying pan on medium-high heat. Place the pastelillo in the oil and fry until golden brown

Youtube video:

<https://www.youtube.com/watch?v=fXyaiapwi7Y>