



Hand-Stuffed Puffy Veggie "Pupusas" + Blender Whizzed Garden Salsa + Zesty Fresco de Lime

By Dylan Sabuco

Prep Time 30 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 1/2 bunch of cilantro

☐ 6 limes

☐ 4 roma tomatoes

☐ 2 green onions

☐ PANTRY

☐ 2 C corn masa flour (not cornmeal—we like Maseca Gluten-Free Instant Yellow Corn Masa Flour)

☐ 2 tsp salt

☐ 2 pinches cumin

☐ 1 to 3 T vegetable oil, for cooking the "Pupusas"

☐ 3 T chia seeds

☐ 1/2 C granulated sugar

☐ Choose 1 or more of the following "Pupusa" fillings:

☐ 1 zucchini

☐ 12 button mushrooms

☐ 1 bell pepper

☐ 2 roma tomatoes

- ☐ 2 green onions
- ☐ 1 avocado
- ☐ 1 15-oz can black beans ****(Omit for LEGUME ALLERGY)****
- ☐ 1 15-oz can corn
- ☐ 1 C queso fresco, optional ****(Omit for DAIRY ALLERGY)****
- ☐ HAVE ON HAND
- ☐ 5 C water

Fun-Da-Mentals Kitchen Skills

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

slice: to cut into thin pieces using a sawing motion with your knife.

soak: to immerse a hard food for a certain amount of time in a liquid to soften it.

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board + kid-safe knife
- ☐ Measuring spoons
- ☐ Citrus juicer (optional)

- ☐ Large skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Pancake turner or heat-resistant spatula
- ☐ Pitcher

Ingredients

Hand-Stuffed Puffy Veggie "Pupusas"

- ☐ 2 C corn masa flour (not cornmeal—we like Maseca Gluten-Free Instant Yellow Corn Masa Flour)
- ☐ 1 C water
- ☐ 1 tsp salt
- ☐ 1 pinch cumin
- ☐ 1 to 3 T vegetable oil, for cooking the "Pupusas"
- ☐ Choose 1 or more of the following ingredients:
 - ☐ 1 zucchini
 - ☐ 12 button mushrooms
 - ☐ 1 15-oz can black beans ****(Omit for LEGUME ALLERGY)****
 - ☐ 1 15-oz can corn
 - ☐ 1 bell pepper
 - ☐ 2 roma tomatoes
 - ☐ 2 green onions
 - ☐ 1 avocado
 - ☐ 1 C queso fresco, optional ****(Omit for DAIRY ALLERGY)****

Blender Whizzed Garden Salsa

- ☐ 4 roma tomatoes
- ☐ 2 green onions

☐ 1/2 bunch cilantro

☐ 3 limes

☐ 1 tsp salt

☐ 1 pinch cumin

Zesty Fresco de Lime

☐ 3 limes

☐ 3 T chia seeds

☐ 4 C water

☐ 1/2 C granulated sugar

Food Allergen Substitutions

Hand-Stuffed Puffy Veggie "Pupusas"

Dairy: Omit queso fresco for optional filling.

Legume: Omit canned black beans for optional filling.

Blender Whizzed Garden Salsa

Zesty Fresco de Lime

Instructions

Hand-Stuffed Puffy Veggie "Pupusas"

intro

The "pupusa" (poo-POO-sah) is a classic Salvadoran dish. Pupusas remind me of a tortilla, but thicker and stuffed with all sorts of treats like meats, vegetables, or cheese. So get your mixing bowls out and clean those hands because it's time to make some handmade "Pupusas" of your own!

measure + mix + knead

Start by making the pupusa dough. Measure and combine **2 cups corn masa flour**, **1 cup water**, **1 teaspoon salt**, and **1 pinch of cumin**. Then, mix with a wooden spoon until a ball of dough starts to form. At this point, switch from stirring with the spoon to kneading with your clean hands. Knead the dough for roughly 5 minutes. Let the dough rest for a few minutes after kneading.

chop + stuff + shape

While the dough is resting, chop all of the vegetable fillings you chose. The vegetables will need to be small enough to spread evenly throughout the pupusa. Roll a few tablespoons of the dough into flattened disc shapes. Then, add in a few teaspoons of the chopped vegetables to each disc of dough. Press the vegetables into the pupusa. Take your time making sure all the vegetables are all firmly stuffed into the pupusa.

sauté + serve

Add **1 tablespoon of vegetable oil** to a skillet and turn the heat to medium. Place the "Pupusas" in the skillet and cook them on each side for about 3 minutes or until golden brown. Add an additional tablespoon of vegetable oil to the skillet any time you add another batch of "Pupusas" to the skillet. Serve these crispy Hand-Stuffed Puffy Veggie "Pupusas" alongside Blender Whizzed Garden Salsa (see recipe)! Enjoy!

Blender Whizzed Garden Salsa

chop + measure + blend

This salsa could not be simpler! Roughly chop **4 roma tomatoes**, **2 green onions**, and **1/2 bunch of cilantro**. The size doesn't matter because it will all be blended together. Add all the chopped ingredients to a blender. Measure and add **1 teaspoon salt** and **1 pinch of cumin**. Then, blend the ingredients until smooth. (Add a small splash of water if the salsa is chunky.)

slice + juice + stir

Slice **3 limes** into wedges and squeeze the juices into the blended salsa. Stir a few times to incorporate the lime juice. Taste the salsa and decide if it needs any more salt or lime juice before serving this tasty salsa with tortilla chips or alongside Hand-Stuffed Puffy Veggie "Pupusas" (see recipe)!

Zesty Fresco de Lime

measure + soak

In a pitcher, measure and combine **3 tablespoons chia seeds** and **4 cups of water**. Let the chia seeds soak for 10 minutes. The seeds will start to puff and float.

juice + measure

Cut **3 limes** in half and squeeze all the juice into the pitcher. Then, add **1/2 cup of sugar** and stir the drink until all the sugar is dissolved.

taste + pour + cheers

Take a sip of the drink to decide if it needs any more sugar or lime juice. Pour this refreshing Salvadoran drink into all of your cups and say a big "Salud!" Enjoy!

Featured Ingredient: Corn Masa Flour!

Hi! I'm Corn Masa Flour!

"I'm also called Masa Harina. You can use me to make gorditas, pupusas, sopas, tamales, and tortillas! You can even add corn masa flour to soups, cakes, and cookies! Did you know "masa" means "dough" or "mass" and "harina" means "flour" in Spanish?"

Corn masa flour is dehydrated (dried) corn masa, a dough made from finely ground corn kernels cooked and soaked in limewater (calcium hydroxide), an alkaline solution. This process, called "nixtamalization," was developed in Mesoamerica about 3,000 years ago and gives the masa a distinctive flavor. Let's say it together: nis-TUH-mal-uh-zay-shun. You got it!

When you add water back into the flour, it becomes masa, or dough, again. Of course, you can use fresh masa, but it can take a few hours to simmer and soak the dried corn kernels and then grind them in a food processor. It is much quicker to get a bag of masa harina at the market and just add water!

Corn masa flour has protein, fiber, B vitamins, potassium, calcium, and magnesium.