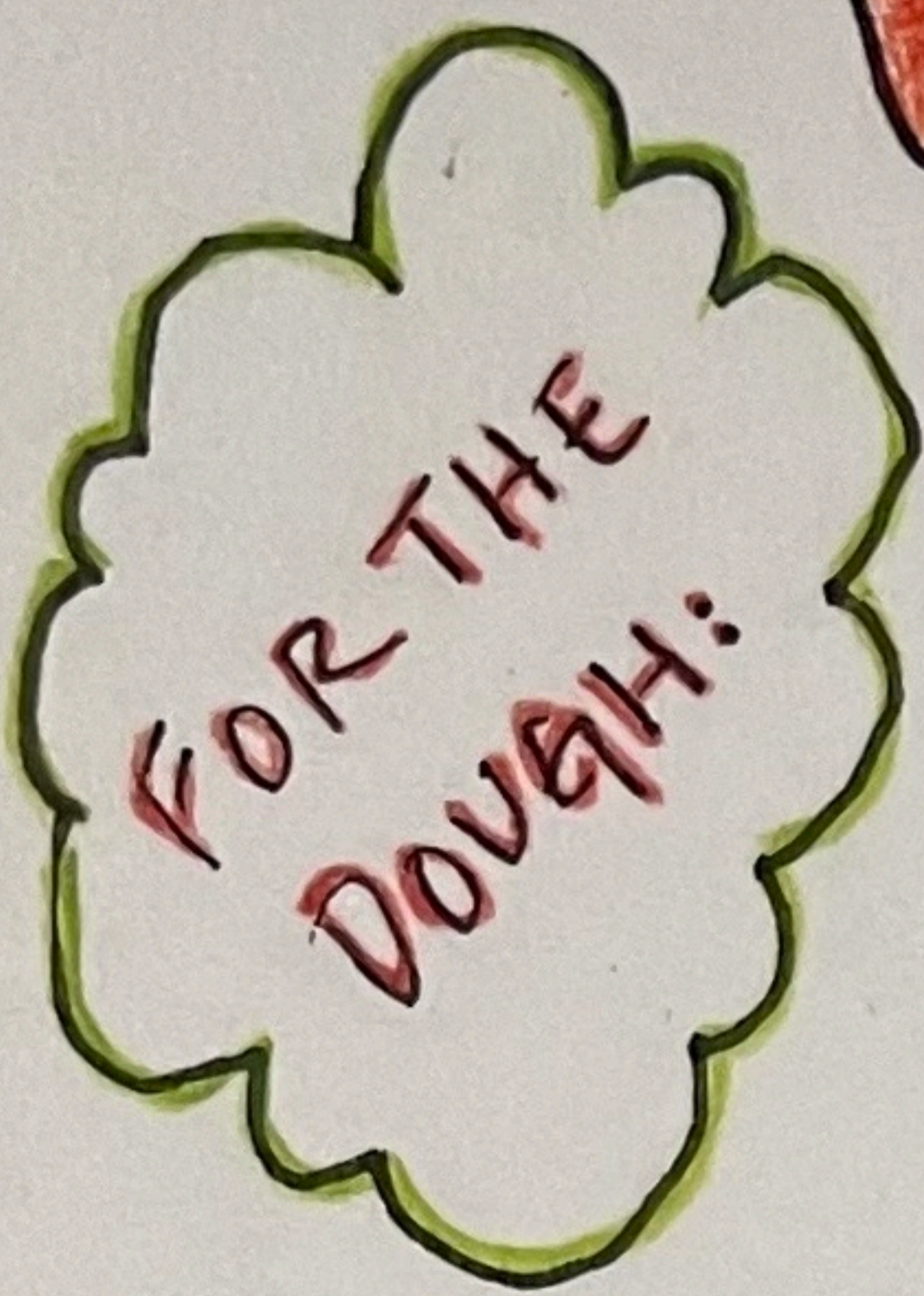


PUPUSAS

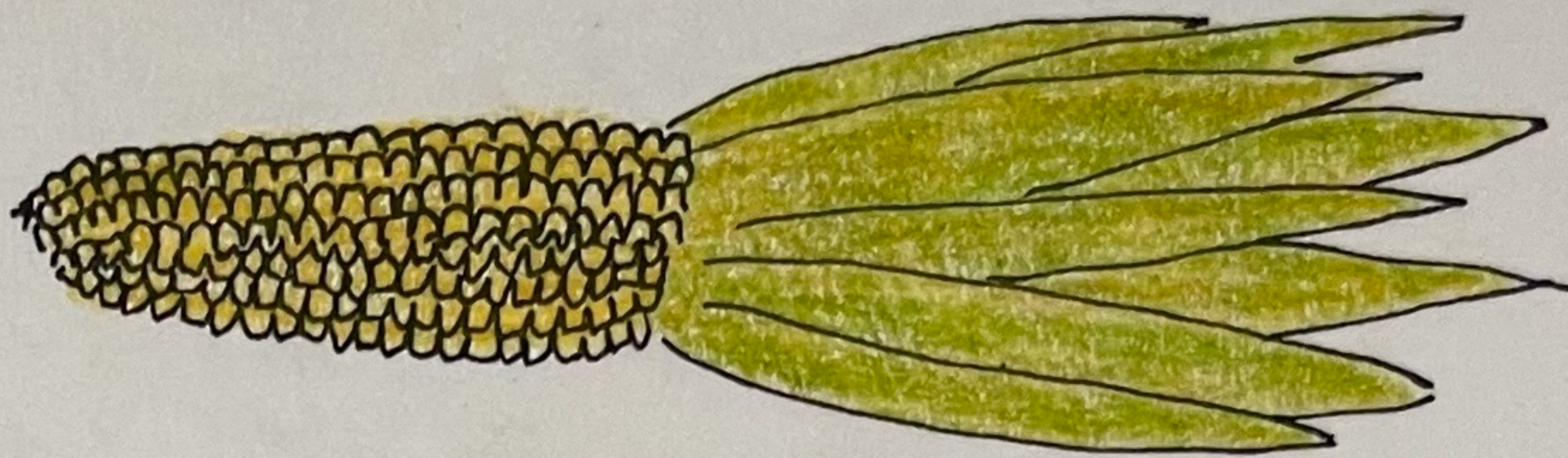


3 CUPS MASA HARINA

3 TEASPOONS SALT

3/4 CUP WARM WATER

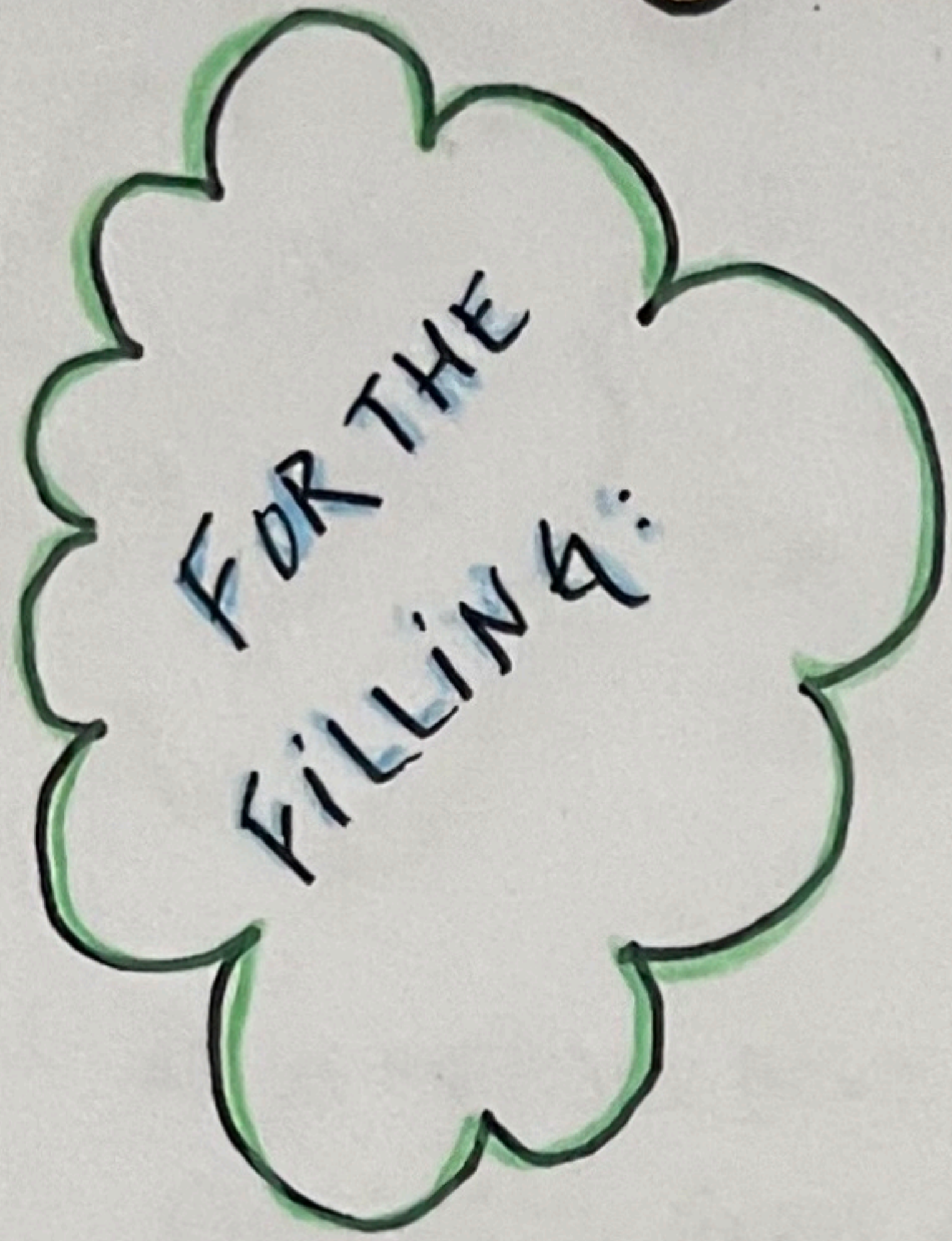
VEGETABLE OIL FOR GRIDDLE OR SKILLET



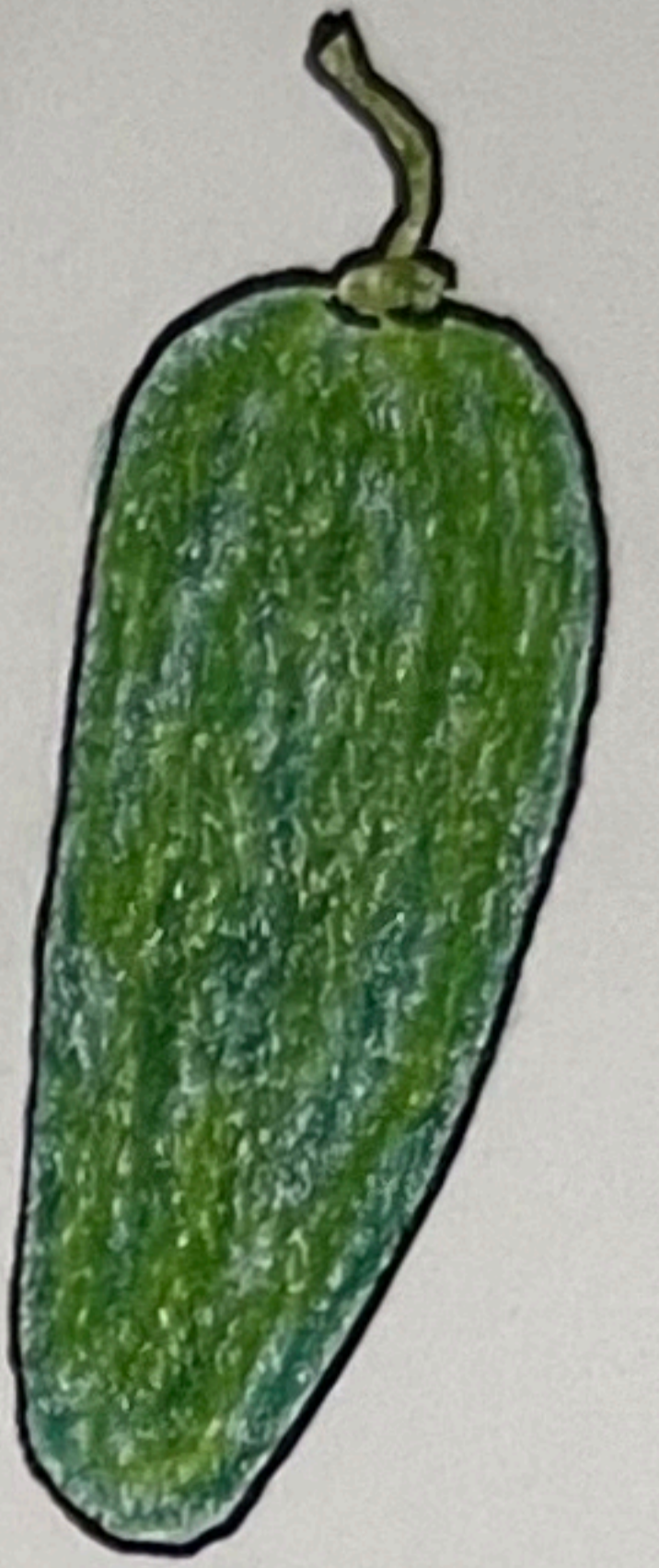
- 1 IN A MEDIUM BOWL, COMBINE THE MASA HARINA, SALT, AND WATER. USE YOUR FINGERS TO FORM A DOUGH. USING BOTH HANDS, ROLL INTO A BALL AND PLACE IT IN THE BOWL.
- 2 DIVIDE THE DOUGH INTO 12 EQUAL PORTIONS + ROLL INTO BALLS, KEEP THEM COVERED SO THEY DON'T DRY OUT.
- 3 PRESS A DOUGH BALL WITH THE PALM OF YOUR HAND TO FLATTEN TO 1/4 INCH THICK.
- 4 ADD ONE PORTION OF BEAN FILLING TO THE CENTER OF THE DOUGH DISK + FOLD IN THE EDGES TO COVER THE BEAN FILLING.
- 5 WITH YOUR HANDS, PRESS THE FILLED DOUGH INTO A DISK 1/2 INCH THICK + 4 1/2 INCHES WIDE. (HAVE A LITTLE BOWL OF WATER TO WET THE MASA + COVER ANY CRACKS) REPEAT WITH REMAINING DOUGH PORTIONS.
- 6 IN A LARGE SKILLET OR GRIDDLE, OVER MEDIUM HEAT, ADD ENOUGH OIL TO COVER BOTTOM OF PAN, WHEN THE OIL IS HOT, GENTLY ADD THE PUPUSAS AND FRY THEM FOR 5 MINUTES ON EACH SIDE.



PUPUSAS



- 3 TABLESPOONS CANOLA OIL
- 2 JALAPEÑOS - SEEDED + MINCED
- SALT TO TASTE
- 5 CLOVES GARLIC - PEELED + MINCED
- 1 TEASPOON GROUND CUMIN
- 2 CANS OR 3 CUPS COOKED BLACK BEANS - DRAINED
- 1 CUP MOZZARELLA OR DAXACA CHEESE - SHREDDED



DIRECTIONS:



- 1 IN A MEDIUM SKILLET, OVER MEDIUM HEAT, ADD THE OIL, JALAPEÑO, AND A PINCH OF SALT. COOK UNTIL JALAPEÑO HAS SLIGHTLY SOFTENED - ABOUT 2 MINUTES. ADD THE GARLIC + CUMIN AND COOK UNTIL FRAGRANT - ABOUT 1 MINUTE.
- 2 IN A MEDIUM BOWL, ADD THE DRAINED BLACK BEANS, + A PINCH OF SALT. WITH A FORK OR MASHER, MASH THE BEANS UNTIL MOST OF THE BEANS ARE MASHED BUT TEXTURE IS STILL CHUNKY. TASTE + SEASON WITH MORE SALT IF NEEDED.
- 3 ADD THE JALAPEÑO/GARLIC MIXTURE AND THE CHEESE TO THE MASHED BEANS AND MIX WELL TO COMBINE. DIVIDE THE FILLING INTO 12 PORTIONS.

