

# Pupusas

- 3 cups masa harina plus more as needed
- 1 cup crumbled queso fresco
- 1 teaspoon kosher salt
- 1 tablespoon vegetable oil plus more
- filling!

Combine masa harine, 1 cup crumbles queso fresco and 1 teason kosher salt. Mix thoroughly. Add 1 tablespoon vegetable oil and two cups of warm water. Kneed the dough thoroughly. If the dough is dry or crumbly add more warm water, one tablespoon at a time. If the dough sticky add masa harina, one tablespoon at a time.

Let the dough rest for fifteen minutes. While the dough is resting, prepare about a cup and a half of filling.

Examples:

- Crumbled queso fresco
- minced loroco
- beans
- prepared pork, steak or chicken

Warm heavy iron skillet or pans over a medium heat.

Cut and divide the dough into sixteen roughly equal parts, and form/kneed each into an uncracked ball.

Using a tortilla press, and wax paper on the top and bottom of the tortilla press, press each ball flat (about 5" round when done).

Set eight of the half-pupusas out on the table, and lay about 2 to 2-1/2 tablespoons of filling in the center of each. Lay the other eight half-pupusas on top, forming a sandwich.

Moisten your hands with a little oil, and press/fold the pupusas together at the edges, and flatten a bit.

Put just a little bit of oil in the bottom of your skillet or pan, and let it heat up.

Cook each pupsa about three to four minutes on each side. Serve immediately.

Serves: 3 (makes 8 pupusas). Serve with [cutido salad](#) [1], hot sauce and/or [salsa](#) [2].

Preparation time: about 1 hour

**Source URL:** <http://kitchen.unseelie.org/node/281>

**Links:**

[1] <http://kitchen.unseelie.org/./282>

[2] <http://kitchen.unseelie.org/./25>