

## El Salvador Recipes

### Pupusas

#### Ingredients:

2 cups masa harina

Pinch of salt

1 ½ cups warm water

1 cup grated cheese: queso fresco, Monterey Jack, or mozzarella

Vegetable oil



#### Directions:

Combine the masa harina, salt, and water in a mixing bowl. Knead to form a smooth, moist dough. If the mixture is too dry, add more water, one teaspoon at a time. If the mixture is too sticky, add more masa harina, one teaspoon at a time. Cover the bowl with a clean towel and let stand for 10 minutes.

With lightly oiled hands, form the dough into 8 balls about 2" in diameter. Using your thumb, make an indentation into one of the balls, forming a small cup. Fill the cup with 1 tablespoon of cheese and wrap the dough around the filling to seal it. Pat the dough back and forth between your hands to form a round disk about ¼" thick. Repeat with the remaining balls.

Heat a lightly oiled skillet over medium-high heat. Cook the pupusas for 2 to 3 minutes on each side until golden brown.

Serve while still warm with curtido on the side.

## Cabbage Salad (Curtido)

### Ingredients:

½ head cabbage, shredded  
1 carrot, peeled and grated  
4 cups boiling water  
3 scallions, minced  
½ cup white vinegar  
½ cup water  
1 jalapeño pepper, minced  
½ teaspoon salt



### Directions:

Place the cabbage and carrots in a large bowl. Pour the boiling water into the bowl to cover the cabbage and carrots and set aside for about 5 minutes. Drain in a colander, pressing out as much liquid as possible.

Return the cabbage and carrots to the bowl and toss with the remaining ingredients. Let set at room temperature for a couple hours or overnight. Serve with pupusas or as a side dish.

## Chismol

### Ingredients:

2 medium tomatoes, seeded and chopped  
1 red onion, finely chopped  
1 green bell pepper, seeded and finely chopped  
¼ cup cilantro, chopped  
Juice of 1 lime  
Salt, to taste  
1 tablespoon olive oil



### Directions:

Toss the tomatoes, onion, peppers, and cilantro together in a bowl. Stir in the lime juice, salt, and oil. Served chilled or at room temperature.

## Flan de Leche

### Ingredients:

1 cup sugar  
¼ cup water  
4 eggs, beaten  
2 cups whole milk  
1 (14-ounce) can sweetened, condensed milk  
½ teaspoon vanilla  
½ cup sugar



### Directions:

Preheat oven to 350°F. Place 1 cup sugar and water in a heavy-bottomed saucepan and stir to dissolve the sugar. Over medium heat, boil the sugar without stirring, until it just starts to turn a honey brown, around 10-15 minutes.

Remove the caramelized sugar from heat and pour into a 9" cake pan or pour equal amounts into 6 individual ramekins, swirling to coat the bottom. Place the cake pan or ramekins in a baking pan large enough to hold them without touching.

In a large bowl, beat together the eggs, condensed milk, whole milk, vanilla, and ½ cup sugar until smooth. Pour into the cake pan or into each of the ramekins.

Fill the baking pan with enough warm water to come about ⅔ of the way up sides of the containers. Place in the oven and cook until a knife inserted into the center of the custard comes out clean, 45 minutes to an hour.

Remove the custard from the water bath and chill well. Run a knife around the edges of the custard. Invert over a serving dish and serve.

## Horchata

### Ingredients:

2 cups rice

6 cups water

½ teaspoon cinnamon

⅓ cup sugar

1 teaspoon vanilla



### Directions:

Soak the rice overnight in 3 cups of the water.

Add the rice, soaking water, and cinnamon to a blender and puree until smooth, 2 or 3 minutes. Strain into a pitcher through a fine-mesh sieve or several layers of cheesecloth.

Stir in the remaining 3 cups water, sugar and vanilla. Adjust sugar to taste and serve chilled.