

HISPANIC HERITAGE MONTH

Favorite Recipes SALVADORAN PUPUSAS

INGREDIENTS

CURTIDO

- ½ head green cabbage, cored and shredded
- 1 small white onion, sliced
- 2 medium carrots, grated
- 4 cups boiling water
- 1 cup distilled white vinegar
- 1 tablespoon dried oregano
- 2 teaspoons kosher salt

CHICHARRÓN

- 1 teaspoon vegetable oil
- 1 lb boneless pork shoulder, cut into 1-inch (2-cm) cubes
- 1 teaspoon salt
- 1 medium tomato, diced
- ½ green bell pepper, diced
- 1 small white onion, diced

PUPUSA DOUGH

- 4 cups masa harina
- 2 teaspoons salt
- 3 cups cold water

FILLING

- 1 cup grated mozzarella cheese
- 1 cup refried bean, cooked
- 1 tablespoon vegetable oil, for frying



TASTY

INSTRUCTIONS

- Make the curtido: In a large bowl, combine the cabbage, onion, and carrots. Pour the boiling water over the vegetables and toss. Let sit for 10 minutes, then drain.
- In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer the curtido and any leftover liquid in the bowl to an airtight jar or container.
- Chill for at least 20 minutes in the refrigerator, or chill overnight for best results.
- Make the chicharrón: Heat the vegetable oil in a large pan over medium-high heat. Add the pork shoulder and salt. Cook for 15 minutes without disturbing. If the pork is browning too quickly, reduce the heat to medium. Turn the pork over and let cook on the other side for 10 minutes more, or until crispy and golden brown.
- Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms. The mixture should not be watery. Set aside.
- Make the pupusa dough: In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a clay-like texture.
- Fill a small bowl with water and a bit of oil and set near your work station. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.
- Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.
- Fill the dough round with ½ tablespoon chicharrón paste, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil. Repeat with the remaining ingredients.
- Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 minutes, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 minutes more, until golden brown and warmed through. Repeat with the remaining pupusas.
- Serve the pupusas with curtido.

Favorite Recipes

CORN AND ZUCCHINI FLAUTAS

INGREDIENTS

- 1 Zucchini
- 2 Scallions
- 2 Cups of Corn (One box)
- 1 TBSP of Spices
(Chili Powder, Garlic Powder,
Onion Powder, Oregano,
Cinnamon)
- 10 oz of Red Enchilada Sauce
- 1/4 Cup of Monterey Jack Cheese
- 6 Tortillas
- 3oz Queso Blanco Sauce



INSTRUCTIONS

- Pre-heat the oven to 425.
- Trim zucchini and grate on the largest hole of a box grater. Place in the center of a clean kitchen towel. Bundle and squeeze to remove as much water as possible.
- Drain corn and pat dry with paper towel.
- Trim and thinly slice scallions, separating whites from greens.
- Heat a drizzle of oil in a large pan over medium-high heat.
- Add zucchini and a pinch of salt. Stir and cook until lightly browned and softened.
- Add corn and scallion whites. Stir and cook until golden brown.
- Add spices of choice and half the enchilada sauce; cook and stir until thickened.
- Stir in Monterey Jack until melted. Season with salt and pepper.
- Drizzle tortillas with 1TBSP of olive oil, use a brush to completely coat both sides.
- Add a heaping 1/4 of corn and zucchini filling to one side and roll the tortillas to create flautas.
- Bake flautas on the top rack of oven until brown and crispy.
- In a small bowl microwave remaining enchiladas sauce for 60 seconds.
- In a small bowl combine queso blanco with water until drizzling consistency. Microwave for 20 seconds.
- Divide and serve flautas. Drizzle desired amount of queso and sauce. Sprinkle scallion greens and serve.

Favorite Recipes

CUBAN ROPA VIEJA



INGREDIENTS

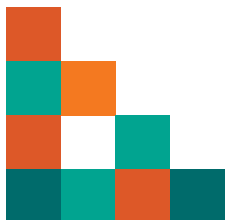
- 1 tablespoon vegetable oil
- 2 pounds beef flank steak
- 1 cup beef broth
- 1 (8 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 1 green bell pepper, seeded and sliced into strips
- 1 small onion, sliced
- 2 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh cilantro
- 1 tablespoon olive oil
- 1 tablespoon white vinegar



[ALL RECIPES](#)

INSTRUCTIONS

- Heat vegetable oil in a large skillet over medium-high heat. Add flank steak and cook until browned, about 4 minutes per side.
- Transfer steak to a slow cooker; pour in beef broth and tomato sauce. Add tomato paste, bell pepper, onion, garlic, cumin, cilantro, olive oil, and vinegar; stir until well blended. Cover and cook on on Low for up to 10 hours, or on High for 4 hours.
- Shred steak in the slow cooker with two forks.



Favorite Recipes

SALTED COD SALAD

INGREDIENTS

- 1 lb of Salted Cod
- 1 large Yellow Onion
- 1 large Tomato
- 1/2 large Avocado
- 3 Hard Boiled Eggs
- 12 Green Olives
- 1/4 cup of Olive Oil
- 1 tbsp White Wine Vinegar



INSTRUCTIONS

- Thinly slice onion, dice tomato, dice avocado, and quarter the eggs
- Soak salted cod in cool water for 20 minutes
- Drain and transfer the cod to a pot. Cover with water and bring to a simmer.
- Change the water and bring to a simmer 3-4 more times.
- Drain the pot then use a fork to break up the cod and set it aside.
- Sauté onion in a skillet with 2 tbsp of olive oil until soft.
- In a large bowl combine cod with onions, tomatoes, eggs, olives, and avocado.
- Toss well until combined.
- Serve with rice and a drizzle of olive oil.



Favorite Recipes

TRES LECHES CAKE

INGREDIENTS

- 1 cup white sugar
- 5 egg yolks
- 5 egg whites
- ⅓ cup milk
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 ½ teaspoons baking powder
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 pint heavy whipping cream
- 10 maraschino cherries



[Whastcookingamerica](https://www.whastcookingamerica.com)

INSTRUCTIONS

- Preheat oven to 350 degrees F (175 degrees C). Butter and flour bottom of a 9-inch springform pan.
- Beat the egg yolks with 3/4 cup sugar until light in color and doubled in volume. Stir in milk, vanilla, flour and baking powder.
- In a small bowl, beat egg whites until soft peaks form. Gradually add remaining 1/4 cup sugar. Beat until firm but not dry. Fold 1/3 of the egg whites into the yolk mixture to lighten it; fold in remaining egg whites. Pour batter into prepared pan.
- Bake in preheated oven for 45 to 50 minutes or until cake tester inserted into the middle comes out clean. Allow to cool 10 minutes.
- Loosen edge of cake with knife before removing side of pan. Cool cake completely on a wire rack.
- Place cooled cake on a deep serving plate. Use a two-pronged meat fork or a cake tester to pierce the surface of cake.
- Mix together condensed milk, evaporated milk and 1/4 cup of the whipping cream. Set aside 1 cup of the measured milk mixture and refrigerate for another use. Pour remaining milk mixture over cake slowly until absorbed. Whip the remaining whipping cream until it thickens and reaches spreading consistency. Frost cake with whipped cream and garnish with cherries. Store cake in the refrigerator.