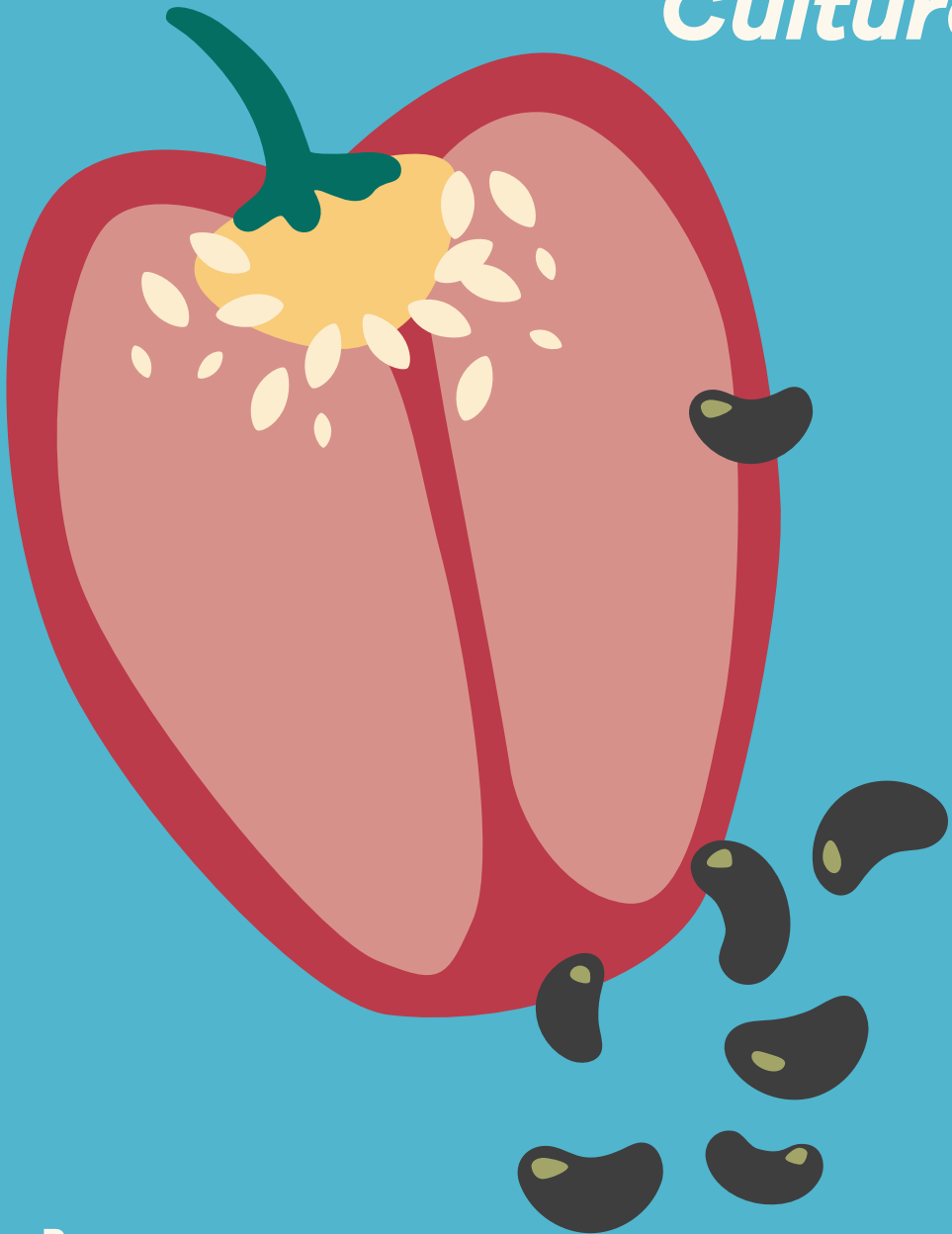


# *Cooking up Culture*



**Pupusas**  
by Gloria Madrigales



Pupusas are popular in Central and South America, they are similar to the Mexican Gorditas and Venezuelan and Colombian Arepas. When I lived in El Salvador I didn't like Pupusas, I had no interest in knowing how they were made. However, when I migrated to Australia, I realised that here in Melbourne no one knew about Pupusas so I began to learn how to make them. They are very delicious and I make them for my family and friends. I would like to share the recipe with you.

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### Ingredients

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**1 cup of red kidney or black beans**  
**3 garlic cloves**  
**1 brown onion, finely diced**  
**2 tbsp of vegetable oil, plus extra for deep-frying**  
**250g of diced pork belly, fat trimmed (for chicharrón)**  
**1 bay leaf**  
**½ tomato**  
**1 green capsicum, chopped**  
**1 cup of mozzarella cheese**  
**½ cup of Australian feta**  
**2 cups of maize flour**

#### **PICKLED CABBAGE SALAD**

**¼ cabbage, grated**  
**1 carrot, grated**  
**1 onion, finely sliced**  
**2 hot red chillies, chopped**  
**1 tbsp of dried oregano**  
**500ml of brown vinegar**  
**Salt, to taste**

#### **SALSA**

**5 roma tomatoes**  
**½ onion**  
**½ green capsicum**  
**2 tbsp of oil**  
**1 hot red chilli, chopped**  
**Salt and pepper, to taste**

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### Method

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#### **CURTIDO (PICKLED CABBAGE SALAD)**

Mix cabbage, carrot, onion, chillies and oregano and place in a container. Add vinegar to cover, season to taste, seal and set aside to cure overnight. Soak the red kidney beans in water overnight.

#### **SALSA**

Add tomatoes, onion and capsicum to a pan, cover with water and bring to the boil. Set aside to cool, drain and keep the water. Blend ingredients in a blender, adding the oil and the reserved water. Add mixture to a saucepan, add the chilli, season and bring to the boil, stirring. Set aside in a container.

#### **PUPUSAS**

Drain and rinse the beans, add to a pan with 4 cups of water, garlic cloves and salt. Simmer for 45 minutes. Drain and allow to cool, then blend beans until the skins are well mixed. Fry the chopped onion and 1 chopped garlic clove in 2 tbsp of oil until soft. Add the bean mixture, season and stir until the beans form a thick paste.

#### **CHICHARRÓN**

Deep-fry the pork with 1 garlic clove and the bay leaf until golden brown. Remove, drain on a paper towel and blend the pork, tomato, half of the capsicum and remaining onion in a food processor to make a rough paste. Set aside. Blend mozzarella, feta, onion and capsicum until mixture forms a ball. Set aside. Mix the flour with 1½ cups of water to make a dough. Make a ball of dough from 4 tbsp of the mixture and then flatten thinly. Add 1 tbsp each of the pork and cheese mixture, press edges together to seal the pupusa, and flatten to ½ cm thick and diameter of a CD, making sure the edges don't crack. Repeat with remaining ingredients. Cook over a high heat on a flat non-stick pan for about 1 minute each side and serve with the curtido and salsa.