



Juana®



Pupusas with Beans and Curtido

GLUTEN FREE

Ingredients:

For the Pupusas:

- 2 cups of Juana® corn meal
- 2 teaspoons of salt
- 2 ¼ cups of water
- 2 cups of refried beans

For the pickled cabbage:

- ½ large head of green cabbage, thinly sliced
- 3 medium carrots, grated on the large holes of a box grater
- ½ large white onion, thinly sliced
- 2 serranos chiles, thinly sliced
- 1 garlic clove, finely grated
- 2 teaspoons of dried oregano
- 5 teaspoons of salt
- ¼ cup of extra-virgin olive oil
- Apple cider vinegar (for serving)

Preparation:

For the Pupusas:

1. Preheat the griddle or skillet where the pupusas will be cooked.
2. In a medium bowl, combine the Juana® corn flour and salt. Pour in the cold water and mix the dough using a spatula until nearly combined.
3. Continue kneading with your hands until a soft and smooth dough forms.
4. Shape the dough into small balls and gently flatten each one into a disk approximately ½ inch thick.
5. Place 2 tablespoons of refried beans in the center of each disk.
6. Wrap the dough around the filling to form a half-moon shape, sealing the edges completely.
7. Gently press and flatten the filled dough using alternating hands until it reaches about .39 inch thickness and 4.3 inch in diameter. You may grease your hands as needed. Repeat with all the dough balls.
8. Cook the pupusas on the preheated griddle for 4 to 6 minutes on each side, or until golden brown and fully cooked.

For the pickled cabbage

1. In a large mixing bowl, combine the cabbage, carrots, onion, peppers, garlic, oregano, and salt. Let the mixture rest for 30 minutes to allow the cabbage to release moisture.
2. Transfer the mixture to an airtight container (preferably glass, about 2 quarts in size) and press the vegetables down firmly so they release their juices. The liquid should cover the vegetables completely.
3. Cover the container and let it ferment at room temperature. Taste daily until the desired flavor is achieved, typically between 1 and 5 days.
4. Just before serving, pour the olive oil over the pickled cabbage and shake gently to mix. If the pickled cabbage has fermented for more than 48 hours, it may be sufficiently acidic and not require additional vinegar.

Makes: 10 servings