



Pupusas

- Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**
- All recipes used in class will be an attachment in your confirmation email. Please scroll past the equipment list for the recipes.
- If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS (total amount needed for the class)

King Arthur Organic Masa Harina: 462 grams (5 cups)

Salt: 2 1/2 teaspoons

Cumin: 1/2 teaspoon

Chipotle chili powder: 1 to 2 teaspoons, to taste

Black pepper: 1/4 teaspoon

Olive oil: 25 grams (2 tablespoons)

Garlic: 3 cloves, peeled and minced

Onion: 142 grams (1 cup), diced

Black beans: 15 ounce can, drained and rinsed

Pickled jalapeños, 85 grams (1/2 cup), diced

Cheese (Oaxaca, Monterey Jack, or Mozzarella): 226 grams (2 cups), shredded

Water: 926 grams (4 1/4 cups), warm

Curtido: optional, for serving. See ingredients below. We will not be making the Curtido in class. Please make at least 2 hours (overnight is preferred) before serving.

White vinegar: 113 grams (1/2 cup)

2 teaspoons oregano

3/4 teaspoon salt

1/4 teaspoon black pepper



Green cabbage: 550 grams (8 cups), shredded

Onion: 1 small onion, peeled and thinly sliced

Carrot: 1 large, grated

Water: 170 grams (3/4 cup)

EQUIPMENT

Scale (preferred) or measuring cup set

Measuring spoons

Liquid measuring cup

Saucepan or dutch oven

Mixing spoon or rubber spatula

Chef's knife

Cutting board

Blender, hand blender, or food processor

Mixing bowl

Baking sheets (2)

Parchment or pan spray

Nonstick pan or griddle

Spatula