



Pupusa

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 attached 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: 462g (5 cups)
- Salt: 2 ½ teaspoons
- Cumin: ½ teaspoon
- Chipotle chili powder: 1 to 2 teaspoons, to taste
- Black pepper: ¼ teaspoon
- Olive oil: 25g (2 tablespoons)
- Garlic: 3 cloves, peeled and minced
- Onion: 142g (1 cup), diced
- Black beans: 15 ounce can, drained and rinsed
- Pickled jalapeños, 85g (½ cup), diced
- Cheese (Oaxaca, Monterey Jack, or Mozzarella): 226g (2 cups), shredded
- Water: 926g (4 ¼ 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: 113g (½ cup)
- 2 teaspoons oregano
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- Green cabbage: 550g (8 cups), shredded
- Onion: 1 small onion, peeled and thinly sliced
- Carrot: 1 large, grated
- Water: 170g (¾ 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

Pupusas

YIELD: FOURTEEN 4 ½" PUPUSAS

INGREDIENTS

REFRIED BLACK BEANS

- 25g (2 tablespoons) olive oil
- 3 garlic cloves, peeled and minced
- 142g (1 cup) onion, diced
- 15-ounces canned black beans, drained and rinsed
- 170g (¾ cup) water
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 to 2 teaspoons chipotle chili powder, to taste

DOUGH

- 462g (5 cups) King Arthur Organic Masa Harina
- 2 teaspoons salt
- 756g (3 ⅓ cups) warm water

TOPPINGS

- Refried black beans
- 85g (½ cup) pickled jalapeños, diced
- 226g (2 cups) shredded cheese (Oaxaca, Monterey Jack, or Mozzarella)

DIRECTIONS

REFRIED BLACK BEANS

1. Heat the oil in a saucepan or Dutch oven set over medium heat. Add the garlic and onions and cook until softened, about 5 minutes.
2. Add the beans, water, and spices and reduce the heat to low. Simmer the mixture until it's thickened slightly, about 15 minutes.
3. Briefly blend the bean mixture (using a blender, food processor, or hand blender); you should have a somewhat lumpy paste, soft but still able to hold its shape; think canned refried beans. If the beans are too thin return the mixture to the pot to cook longer; if too thick or dry, add more water. Adjust seasonings to taste, then chill the beans until you're ready to assemble the pupusas.

DOUGH

1. In a large, shallow bowl, stir together the masa harina and salt.
2. Gradually add the warm water, stirring with your hands or a spatula to make a cohesive dough.
3. Continue to mix the dough until it's smooth and somewhat firm, about 5 minutes. If the dough is sticking to your hands and feels wet, incorporate more masa harina a teaspoon at a time. Roll a piece of the dough into a small ball and press it between your fingers; if it cracks, add more water.
4. Divide the dough into 14 pieces (about 85g each) and roll each piece into a ball. Place the balls on a clean work surface and cover them with plastic or a damp kitchen towel to keep them moist.

RECIPE CONTINUED ON NEXT PAGE...

Pupusas (cont.)

ASSEMBLY

1. Lightly grease (or line with parchment) two baking sheets.
2. Working with one ball of dough at a time, use your thumb to make a well in the center.
3. Expand the well to create a small bowl of dough. Fill the bowl with about 2 teaspoons of refried beans, 1 teaspoon of pickled jalapeños, and 1 to 2 tablespoons of shredded cheese.
4. Bring the sides of the bowl into the center and lightly press together to seal.
5. Gently pat the dough between your hands to transform the sealed bowl into a flat round about 4" to 4 ½" in diameter. If the pupusa tears or cracks, gently pinch the dough together over the opening to prevent too much filling from being exposed.
6. Place the filled pupusas on a baking sheet and keep covered while you assemble the rest of the pupusas.

COOK

1. Heat a large nonstick pan or griddle over medium heat
2. Transfer the pupusas to the hot pan and dry fry them until browned and speckled, about 4 to 6 minutes per side.
3. Serve hot, with curtido on the side, if desired.
4. Store any leftover pupusas in an airtight container in the refrigerator for several days; reheat before serving.

Curtido

YIELD: ABOUT 8 CUPS OF SLAW

INGREDIENTS

- 550g (8 cups) green cabbage, shredded
- 170g (¾ cup) water
- 1 small onion, peeled and thinly sliced
- 2 teaspoons oregano
- 1 large carrot, grated
- ¾ teaspoon salt
- 113g (½ cup) white vinegar
- ¼ teaspoon black pepper

DIRECTIONS

1. In a large bowl, stir together the cabbage, onion, and carrot.
2. In a small bowl, whisk together the vinegar, water, oregano, salt, and pepper. Pour over the vegetable mixture, tossing to combine.
3. Cover and refrigerate for at least 2 hours (preferably overnight) before using. Store in the refrigerator up to one week.