

delish

Best-Ever Pupusas

by [MAKINZE GORE](#)

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YIELDS: 1 DOZEN

PREP TIME: 0 HOURS 15 MINS

TOTAL TIME: 2 HOURS 15 MINS

INGREDIENTS

FOR CABBAGE RELISH:

- 1/2 small head green cabbage, shredded
- 1 small yellow onion, thinly sliced
- 1 medium carrot, peeled and grated
- 1 c. boiling water
- 1/2 c. apple cider vinegar
- 1 tsp. kosher salt
- 1/2 tsp. dried oregano
- 1/2 tsp. granulated sugar

FOR PUPUSA:

- 3 c. masa harina
- 1 1/2 tsp. kosher salt
- 2 3/4 c. warm water
- 1 c. shredded mozzarella
- 1 c. refried beans
- 2 tsp. vegetable oil

DIRECTIONS

- 1 In a medium bowl, add cabbage, onion, and carrots. Pour boiling water and

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boiling water as necessary to completely cover vegetables. Let cool to room temperature, then cover and refrigerate at least 1 hour.

- 2** In a large bowl, combine masa harina, salt, and warm water. Knead with your hands until a smooth dough forms. Let rest 10 minutes.
- 3** Divide dough into 12 balls. Using your thumb, make an indentation in the center of each ball and fill with a tablespoon of cheese, beans, or a mixture of both. Pinch dough together to cover filling then use your hands to flatten into a 4" disk, about ¼" thick.
- 4** In a large skillet over medium heat, heat oil. Working in batches, cook pupusa until golden, 3 minutes per side.
- 5** Serve with cabbage relish.

[MAKINZE GORE](#) Associate Food Editor

Makinze is the Associate Food Editor for Delish.com.

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