



PUPUSAS



ORIGIN:

In Mesoamerican towns, by Mayans civilizations.

RECIPE

- Corn Flour.
- Chewy cheese known as "quesillo".

Process of making similar to cooking of tortillas

- Mix corn flour with water to make the mass.
- Make a ball with the mass, and make the shape of a tortilla.
- Add the ingredients in the middle. (cheese, beans, meat).
- Make a ball again and shape it as a tortilla.
- Cook the pupusa on the cooking plate.

REBECA SORTO