

Pupusa Dough

Equipment: Measuring cups Measuring spoons Medium bowl Spatula Pastry cutter Tortilla press Baking paper Tea towel	Ingredients: 1 ½ cups masa harina (maize flour) 1 teaspoons salt 1 ¼ cups warm water
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What to do:

1. Accurately measure the masa flour, salt and **warm** water into a medium mixing bowl. Mix with a spatula and then your hand until it looks and feels like playdough.
2. Divide into 12 equal pieces. Roll into a ball. Cover with a clean and damp tea towel.
3. Place 1 ball in between 2 layers of baking paper. Place in tortilla press. Flatten into a disc. Repeat with the remaining dough.
4. Take 1 disc and place 1 tablespoon of bean mixture in the middle and 1 teaspoon (small pinch) of grated cheese. Draw a circle of water with your finger around the edge. Place a second disc of dough on top. Press gently to seal.
5. Press **GENTLY** in the tortilla press. It is ready to cook.
6. Heat an electric frypan on medium heat add a little oil. Add pupusas to the pan and cook for 3-4 minutes, or until golden brown and then flip and cook another 3-4 minutes or until golden brown. Repeat with remaining pupusas.