

Mama's Zucchini Pupusas

Makes 12 Pupusas | Active Time: 25 minutes | Total Time: 25 minutes

Swick

Chef's Notes

*The hotter the water, the faster the masa harina will hydrate and produce a smooth dough.

**For those on a low- or no-salt diet, omit the salt. The masa is aromatic and flavorful and the accompanying curtido or salsa will provide plenty of flavor.

In the beginning, consider a smaller amount of filling, as it is easier to work with.

Pupusas are commonly thicker than this, too.

Making the Pupusas

1. **MAKE THE DOUGH:** In a large bowl, mix the masa harina, water and salt until combined. You may need to add a bit more water, 1 tablespoon at a time, to get the dough to come together.

Let stand for about 10 minutes while you prepare the zucchini.

2. **PREPARE THE ZUCCHINI:** Grate the zucchini using the large holes on a grater. Sprinkle with a pinch of salt, and squeeze to remove excess water.

3. **FORM THE PUPUSAS:** Wet your hands with a bit of water and/or oil to keep the dough from sticking.

Make a ball of dough about the size of an ice-cream scoop and flatten it between the palms of your hands into a round that's about 1/4 inch thick.

Add 2 to 3 tablespoons*** of the zucchini filling to the center of the dough. Wrap the dough around the filling and then flatten it again between the palms of your hands, until it is about 1/4 inch thick**** and 4 inches across.

Repeat with the remaining dough and filling.

To cook, heat a nonstick skillet over medium-high heat. Cook each pupusa until lightly browned, about 5 minutes per side.

Serve with the hot sauce, salsa, and curtido.

Step 1: Making the Pupusas

- FOR THE DOUGH:
- 3 cups masa harina
- 1 cup warm water, plus additional as needed*
- Pinch of salt**
- FOR THE FILLING:
- 2 zucchini, grated
- FOR SERVING:
- Hot sauce
- Salsa
- Curtido (pickled cabbage)