

RECIPE FROM EL SALVADOR

CURTIDO RECIPE (1 OF 3)

Ingredients

- ½ head of cabbage, shredded
- 1 carrot, peeled and grated
- 4 c. boiling water
- ½ onion, diced
- ¼ c. white vinegar
- 1 Jalapeño or Serrano chile pepper, minced or 1 tbs. Red Chili Pepper flakes
- ½ tsp. salt

Method

1. Place the cabbage and carrots in a large heat-proof bowl. Pour the boiling water into the bowl to cover the cabbage and carrots and set aside for about 10 minutes. Drain in a colander, pressing out as much liquid as possible.
2. Return the cabbage to the bowl and toss with the remaining of the ingredients. Let set at room temperature for at least one hour or more to absorb all the flavors of the vinegar and spices. Chill and serve with the salsa as an accompaniment to pupusas, pastelitos or simply as a side dish.

SALSA RECIPE (2 OF 3)

Ingredients

- 2 plum tomatoes
- ½ onion, quartered
- ½ cup water
- ¼ red pepper, diced
- 1 tsp. Red Chili Pepper flakes
- ½ tsp. cayenne pepper
- ½ tsp. salt

Method

1. Place all ingredients into a blender and pulse until liquefied.
2. Remove from the blender to a small pot and simmer, stirring occasionally over medium heat until just bubbling. Remove from heat.
3. Serve over the Curtido.
- 4.

PASTELITOS RECIPE (3 OF 3)

Ingredients

- 3 c. Masa
- 2 c. water, approx.
- ¼-1/2 c. paprika or achiote powder
- 1lb ground beef
- 1 onion, diced
- 3 small potatoes, peeled and diced fine
- ¼ lb. fresh string beans, diced
- 1 large carrot, diced
- 1tsp. Sazon Goya
- 2 tsp cumin
- Salt & Pepper
- 1 tsp. beef consommé powder or ½ bouillon cube
- ½ cup vegetable oil

Method

1. Prepare the dough. In a large bowl, add the masa and gradually add the water, paprika or achiote until the dough is a nice red color (1/4-1/2 cup), add a generous dash of salt and pepper and continue kneading until the dough forms a ball that can be handled and will not crumble. Add more water if necessary. Set aside.
2. Prepare the filling. In a large skillet over medium high heat, add the ground beef, stirring until it is browned through. Remove from heat and drain some of the fat but not all of it (leave a few tablespoons in the pan).
3. Return the meat to the pan and add the onion, green beans, potatoes, carrots. Continue to cook, covered until the potatoes are tender, about 10 minutes.
4. Add the seasoning, the beef consommé or bouillon, Sazon Goya, cumin and salt and pepper to taste. Remove from heat and allow to cool while creating your dough discs.
5. To create the discs, you can either do it by hand working the dough by patting it together and forming a round or you can flatten them out between two pieces of plastic wrap. Making sure your hands are really wet makes shaping the discs easier. But you would like to create discs that are about ¼" thick and have a diameter of about 4-5". You should have enough dough to make about a dozen discs. Set aside until ready to use.
6. In a large frying pan, heat the oil over medium high heat being very careful to not let it smoke.
7. Take one disc of dough and spoon in about 2 large tablespoons of filling. Fold over and seal the edges by squeezing them together. Place in the hot oil laying the pastelito away from you so as not to splatter the oil towards you. Repeat filling discs and placing in the oil until you have filled the pan with them, but do not overcrowd. Leave a lot of space in between each pastry. Fry until they golden brown on one side, flip over and continue to fry until the dough is golden brown. Remove with a slotted spatula onto a plate that been lined with paper towels to drain.
8. Continue filling, folding and frying until they are all complete. Cover the plate with tin foil to keep the pastelitos warm until you are ready to eat.

9. Serve with Crudito and the salsa.