

# Kabocha Squash and Cheese Vegan Pupusas

## Ingredients

For the *Curtido* (cabbage slaw)

- ¼ head of cabbage
- 2 medium-sized carrots
- ½ medium-sized onion
- ¼ cup white or apple cider vinegar
- 1 tsp. salt
- 1 tsp. sugar
- 1 tsp. oregano
- ½ tsp. chili powder

For the pupusas

- 2 cups masa harina
- 1 tsp. salt
- 1/4-1/2 kabocha squash
- 1/4-1/2 cup vegan cheese, optional
- Olive oil for cooking and hands

## Steps

1. Thinly slice the cabbage and onion and set in a heat-proof bowl. Grate the carrots and add to the bowl. Bring a kettle of water to the boil, and pour over the veggies until they are submerged. Let sit for about 10 minutes and then drain. Add all the other ingredients for the curtido to the bowl, mix well, and place covered in the fridge.
2. Cook the kabocha squash by removing the seeds, and microwaving for 5-8 minutes until soft (you can also roast it, but the microwave is a quicker method). Once the squash is soft enough to handle, scoop the flesh from the peel and place in a small bowl. Mash with a fork to soften, and set aside.
3. Add the masa harina and salt to a large bowl and whisk together. Next add warm water, starting with about 1½ cups, and use your hands to combine. Add a little more water as needed, until you have a somewhat firm, pliable dough.
4. Lightly oil your hands with olive oil to stop the dough from sticking to your hands (and continue to do so as needed when shaping pupusas). Take a ball of the dough a little bigger than a golf ball and roll until smooth. Use your thumb to push down,



gently forming a disk in the palm of your hand so that it becomes about 3-4 inches in diameter. Place a pinch of vegan cheese (optional, but delicious) and a heaping teaspoon of squash in the center of that disk, and squish the sides up to close it back into a sphere. Roll it into a neat ball, and then gently push it flat so it's about ½ inch thick, smoothing the cracks that form as you flatten it. Place on a baking tray lined with wax paper or a silicone mat, and repeat until all the dough is used up (makes about 12 pupusas).

5. Heat a small amount of oil on medium in a large skillet, and add the pupusas, working in batches if needed. Cook for 5-7 minutes on each side, and remove from the heat. Serve warm topped with the curtido.