

Virtual Welcoming Table July 2022

Thank you so much for participating in our virtual Welcoming Table! We are hoping to resume in-person gatherings later this year, but until then we are excited to share this Welcoming Table kit with you.



Our kit this month highlights the cuisine and culture of El Salvador. El Salvador is the smallest country in Central America and is bordered by Honduras to the north and east, the Pacific Ocean to the south, and by Guatemala to the northwest. Although it is the smallest in land mass, it is the most populated with a population of 6,550,281. Throughout history, the region has been occupied by various groups, including the Cuzcatlecs, Lenca and Maya. In 2000 BC the Olmecs came to El Salvador, followed by the Maya in 1500 BC. In 1528 the Spanish took over El Salvador and forced the Mayan people to become servants. In 1821 El Salvador gained its independence from Spain and today it is a democratic country.



El Salvador has a tropical climate with pronounced wet and dry seasons. The dry season (summer), is from December to April and the rainy season is from May to October. El Salvador is a mountainous country. There are two major ranges - the Coastal Range and the Sierra Madre. The most important agricultural products are coffee, cotton, corn (maize), and sugarcane. Several species of palm and coconut trees grow in the coastal zone, and there are many varieties of tropical fruit, such as coconut, tamarind, melon, watermelon, and mango. Nontraditional agricultural products like jalapeño peppers, marigolds, okra, and pineapple have increased in importance since the early 2000s. Nevertheless, coffee alone still accounts for a substantial part of the value of total agricultural production. Cattle raising is also an important activity.

Our meal this month is Pupusas with Curtido. This is a savory dish made of a dough stuffed with a filling and served with a cabbage salad. Dessert is three Salvadorian treats: quesadilla, which is a sweet, light cake made from cheese; torta Alemana (almond cake); and Margarita cookies. Most of the ingredients for the meal are included, you will just need water, vinegar, salt, sugar and oil. Our activity this month is Tripa Chuca, it is a paper and pencil game. There are pairs of numbers written on a sheet of paper and the object of the game is to connect the same number using a curved line without picking up the pencil.

We hope you enjoy your Welcoming Table kit and would love to see photos or videos of your experience. We'd love to hear from you, email us at info@projectfine.org or text to 507-459-1190. Enjoy!

PUPUSAS WITH CURTIDO

Pupusas are made from masa harina (cornmeal flour) with water to make a corn masa mixture. They are stuffed with delicious things like refried beans, shredded pork or cheese. And since they tend to be so rich and cheesy, they are topped with a pickled cabbage mixture, called curtido to balance the meal.

INGREDIENTS

For the Curtido:

- 2 ½ c coleslaw mix
- 1 Tablespoon oregano
- 1 cup hot water
- 1 cup vinegar
- 1 teaspoon kosher salt
- 1 teaspoon granulated sugar

For the Pupusas:

- 3 cups Masa Harina Corn Flour
- 2 ¾ cups warm water
- 1 teaspoon salt

1 cup refried beans

2 cups mozzarella cheese shredded

2-4 teaspoons oil for frying

For mixing/hands: 1 cup water and 2 Tablespoons oil



DIRECTIONS

Curtido: In a measuring cup, stir together the oregano, hot water, vinegar, salt and sugar; pour it over the cabbage/carrot mixture. Let sit on the counter while you prepare the pupusas – it can sit overnight in the fridge for a day to allow it to become even more flavorful.

Pupusas: Preheat your oven to 200 degrees and place a cooling rack on a baking sheet, then place in the oven. This will be used to keep the pupusas warm during the cooking process.

In a medium bowl, whisk together the masa harina and salt. Pour in the cold water and stir until mostly combined using a spatula. Use your hands to mix until a very soft dough forms. To divide the dough, you can either use a 2 ounce ice cream scoop (coat with oil) or your hands. If using your hands, mix the water/oil described above and dip your hands into the mixture, making sure your palms are evenly coated. This will make it so the masa doesn't stick to your hands. This recipe makes 14 dough balls.

Working one at a time, flatten the balls gently until they're about 1/2-inch thick discs. Spread with 1 Tablespoon of beans and cheese, then fold into a half moon shape, pinching the edges to seal the filling. Then pat the dough gently, flattening until it reaches about 1/4-inch thick and about 4-inches in diameter. Feel free to re-grease your hands as needed. Repeat with the remaining balls of dough.

Heat a large skillet over medium heat, add a teaspoon of oil and stir to coat. Add the pupusas to the pan, fitting two to three at time. Cook each pupusa for 4 to 6 minutes per side and then transfer to the baking sheet in the oven. Repeat this process until you've worked your way through all of the pupusas.

Serve the pupusas with the curtido, wedges of lime and salsa.

Tripa Chuca (Dirty Guts)

Tripa Cat guts is a pencil and paper game for two players. Pairs of numbers are written on a sheet of paper, then they are joined using a curved line without lifting the pencil from the paper.

Setup:

Take a sheet of paper and write two sets of numbers 1-20 all over the piece of paper in random order, as seen in the photo on to the right.

How to Play:

Player 1 draws a line from number 1 to the other number 1 without touching any other numbers or lines.

Player 2 must then draw a line from number 2 to the other number 2 without touching any other numbers or lines.



The game continues with each player taking a turn to connect the numbers. It may sound easy at first, but once you get to numbers 4 and 5, lines are everywhere. Hence the name, dirty guts!

