

Cook with CAFOD

El Salvadorian soup with chicken and rice

Ingredients

Soup

Water
Garlic
Onion
Tomato
Culantro
Mint
Chayote
Potato
Yuca / cassava
Vegetable or herb stock
Salt
Chicken



Photo: CAFOD

Peel and chop the vegetables. When the water is boiling put the chicken pieces in it, with the stock and season. Cook until the meat is cooked. Remove the cooked chicken pieces. Put the chopped vegetables in the stock and cook for approx. 15 minutes or until ready. Meanwhile, put the cooked chicken pieces on the barbecue to grill.

connect2: *El Salvador*

Ingredients for the rice

1 grated carrot

Rice

Oil

1 onion

1 sweet pepper (chopped small)

Put the oil in a pan and add the vegetables to cook for a few moments. Add rice, water, salt and a stock cube. Use an equal volume of water to rice. Cook on a low heat until the rice has absorbed all the water and tastes cooked.

Serve the soup in bowls, and the rice and chicken on plates.

connect2: El Salvador

Silvia's Pupusas

Papusa are a traditional Salvadorian dish made of a thick, corn tortilla with fillings such as beans and cheese.

For the dough: you can use maize flour or rice flour. Add lukewarm water to 1lb of flour to make about 8-10 pupusas. You need to judge the amount of water to get a soft dough but not too soft. Mix, no need to knead.

For the beans: they need to be liquidised. For this quantity of dough try using 2 cans of beans in water (red or black). Liquidise with a bit of water but not too much. It needs to be a thick puree. Then fry onion with a bit of mild chilli. Then add the onions and chilli to the beans in the liquidiser and pulp. Fry the bean and onion puree in a little bit of oil for about 15 minutes until it is thick and any excess moisture has disappeared. Leave to cool.

For the cheese: use a fresh cheese, one that melts. Something like mozzarella should work. You need 1lb of cheese for this quantity of pupusas.



Photo: CAFOD

connect²: El Salvador

To make the pupusas:

Heat the griddle over a medium flame. It needs to be hot so the pupusas don't stick. Grease it too. You take some dough, shape the tortilla, put a bit of beans and cheese in the centre. Close it up and reshape to a flat circle

Cook the pupusas on the griddle for about 2 minutes each side or until done.

To make plain tortillas, you use the same dough as above, shape into rounds and cook on the griddle.



Photo: CAFOD