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Salvadoran Food: Pupusas

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Pupusas



Salvadoran Food: Pupusas



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At the end of the unit,

Students will be able to:

- Describe vocabulary related to Pupusas
- Use vocabulary related to Pupusas to write a Summary
- Explain what a Pupusa is
- Demonstrate how to make a Pupusa

This unit is intended for high school and college students.

CEFR Level



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Did you know that there are 33 countries in Latin America and each of them has its own traditional food?

Among those 33 countries, 7 of them are part of Central America. The smallest country in Central America is El Salvador with a width of 118 miles and a length of 70 miles. Compared to Washington State, El Salvador is about 8 times smaller. Even though El Salvador is a very small country, it does have its own culture, traditions, and food.



Working in small groups, discuss the answers to the following questions. When you finish, share your answers with the class.



- Do you know any traditional food from Central America?
- Where do you think Pupusas are from?
- What are some ingredients of a Pupusa?
- Would you like to try Pupusas?



Yes	No

GETTING STARTED

Instruction:

A- Skim the first two paragraphs of the article “Salvadoran Food: Pupusas” to find the answer to the following questions:

1. What idea is the author supporting by mentioning Starbucks in Seattle?

---

2. What Pupusa ingredients are new for you?

B- Complete the following cloze with the correct content words from the drop-down list. 

What is a Pupusa?

Have you ever heard about Choose an item.? The *Pupusa* is the most famous national dish of Choose an item. They are thick flatbread made with Choose an item. or Choose an item.. A Pupusa is usually stuffed with one or more ingredients. These ingredients may include Choose an item. -a type of Salvadoran cheese-, refried beans, Choose an item., beef, Choose an item., mora, spinach, shrimps, squash, chicken, fish, jalapeño, garlic butter, among others.

In Choose an item., Pupusas are easy to get. They can be found in every single Choose an item.. Thus, every Choose an item. has tried them, at least, once in their life. Pupusas are a well-known Salvadoran Choose an item. not only among Salvadorans, but also among Choose an item. country. In El Salvador, it is not surprising to go out of your Choose an item. and, after walking just a couple of blocks, find a Choose an item. -place where Pupusas are sold-, then walk a couple of more blocks and find another one. Choose an item. are everywhere “Just like Choose an item. in Seattle.”

C- The key words in the following exercise are from the article “Salvadoran Food: Pupusas”. Match each word to its synonym.

WORDS

____ take place
 ____ folklore
 ____ festival
 ____ several
 ____ similar
 ____ moreover

SYNONYMS

1: special celebration (with fun events)
 2: happen
 4: more than that
 5: more than two, but not a lot of
 6: almost the same
 7: old stories





OER Project

"I AM A PUPUSA MAN MYSELF." - LEONARDO DICAPRIO



VOCABULARY



Salvadoran Food: Pupusas

by Nelson Vásquez



Snow et al., (2014), describe culture as those styles of dress, cuisine, customs, festivals, and other traditions that a society has. Thus, this article discusses one aspect of the culture of El Salvador, a traditional dish called Pupusas.

What is a Pupusa?

Have you ever heard about Pupusas? The *Pupusa* is the most famous national dish of El Salvador. They are thick flatbread made with cornmeal or rice flour. A Pupusa is usually stuffed with one or more ingredients. These ingredients may include *quesillo* -a type of Salvadoran cheese-, refried beans, pork, beef, *loroco*, mora, spinach, shrimps, squash, chicken, fish, jalapeño, garlic butter, among others.

In El Salvador, Pupusas are easy to get. They can be found in every single neighborhood. Thus, every Salvadoran has tried them, at least, once in their life. Pupusas are a well-known Salvadoran dish not only among Salvadorans, but also in neighboring countries. In El Salvador, it is not surprising to go out of your house and, after walking just a couple of blocks, find a **pupuseria* -place where Pupusas are sold-, then walk a couple of more blocks and find another pupuseria. They are everywhere "Just like *Starbucks* in Seattle."



Loroco

Lorocos are small green unopened flower buds used as an herb for flavoring in Central America.



Pupusera

A Pupusera is woman who makes pupusas.

"I really enjoy Pupusas. We usually have them for almost any meal -breakfast or dinner. However, I myself prefer them for breakfast with a hot cup of coffee. The best part of Pupuserias is that you can go there with your families at night, right after university or work. Also, they are very convenient places to eat and talk with your family since they are just a few blocks from your place." Says Josue Morales, Salvadoran talking about Pupusas.

Pupuserias are family-styled food places. It is common for families to go to pupuserias to hang out and have a good time after a tough work or school day. The best time to go to a *pupuseria* is at night, when the whole family is together and they just want to chill, eat, and talk for a while.

Though it is true that in El Salvador there are pupuserias in every single neighborhood, every Salvadoran knows that the best place to treat themselves with a delicious Pupusa is Olocuilta, the most famous pupuseria place in El Salvador. One reason for this place to be so popular is that Olocuilta is located in *La Paz*, department that leads to the main highway which connects Down Town San Salvador with the International airport -Comalapa-. Therefore, whenever Salvadorans come from their trips and after a while of missing their traditional food, it is a very close and convenient place to go. Moreover, some of the Pupuserias in Olocuilta are opened 24/7, so that travelers can stop at any time and enjoy some delicious Pupusas.



DID YOU KNOW THAT

- ☐ Pupusas are eaten for breakfast or dinner, never for lunch.
- ☐ People do not use forks to eat pupusas. If some uses forks, we know he is a foreigner.

"I like Pupusas. I like the corn that is cooked and crispy. I like the flavor. I think it is pretty good for a road meal" says an American after trying Salvadoran Pupusas, in Minnesota, for the first time.

Nowadays, *Pupuserias* are not limited to El Salvador anymore, they are all over the world. Wherever there is a Salvadoran family, they bring their traditional food with them. For instance, since there are many Salvadorans living in the USA, Australia, and other countries; it is not surprising to find a pupuseria in cities like Los Angeles, New Jersey, Seattle, Minneapolis, Maryland, Washington DC, and many more.

Pupusa Festival

Pupusa is one of the most famous Salvadoran dishes, so once a year, Salvadorans from different regions of the country get together and carry out one huge Pupusa Festival. During this festival, there are displayed different kinds of Pupusas that appeal to all different tastes. Guess where the Pupusa Festival takes place? Yes, it takes place in Olocuilta. The festival is held every second Sunday of November. During this event, traditional music and dances are performed. Furthermore, there are many activities and contests. One of the most traditional contests targets to see who the fastest *Pupusera* is, a term used to describe a woman who makes Pupusas. Another traditional contest during this festival tries to find out who eats the most Pupusas. For this activity, several men sit together and eat as many Pupusas as they can. It is fun watching!

One important aspect to highlight is that the Pupusa festival is not limited to El Salvador anymore. Now a days, there is a similar Pupusa Festival that takes place in New Jersey, USA. In the US, this festival is held in September. The Pupusa Festival in New Jersey follows the organization of the one done in El Salvador. Additionally, this Festival, besides carrying out the same activities done in El Salvador, allows Salvadorans living in the United States to get together and enjoy several traditional Salvadoran dishes such as Pastelitos, Yucca, Empanadas, Nuegados, and, as one would expect, Pupusas. In addition to food, Salvadorans living in the US gather together to enjoy traditional music -Cumbias, Folklore, etc.-, dances, performances, and talking with other Salvadorans.

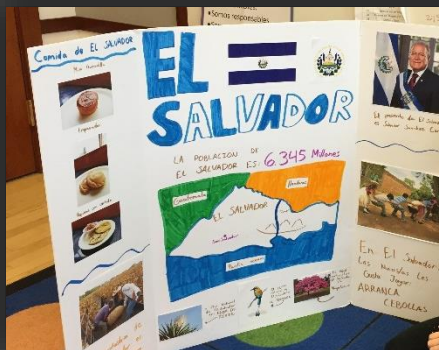
Origin of Pupusas

The origin of Pupusas is still not so clear. No one is sure about when Pupusas actually started. Nevertheless, it is believed that Pupusas have existed in the region for centuries. They are connected to the Pipil's culture. Pipiles is one of the native American tribes that lived in the territory now known as El Salvador. Though there is no much research on regards to this matter, archeologist have excavated cooking implements for the preparation of Pupusas in *Joya de Cerén*, "El Salvador's Pompeii", a Pipiles' village that was buried by the Laguna Caldera volcano's eruption dated at about 590 CE.

Facts about Pupusas

- It is hard to describe Pupusas. People make them in different sizes and with a great variety of ingredients.
- The usual size with common ingredients Pupusa may cost, in El Salvador, \$0.50 each and \$2-\$4 in the USA.
- There are some Pupusas called *Pupusas locas* -crazy Pupusas-. They are stuffed with several ingredients and they are bigger than the normal ones.
- Pupusas entered the Guinness World Record in 2005. According to Guinness World Record (2005). "The largest Pupusa was made by the Alcaldía de Olocuilta with a diameter of 4.50 m (14 ft 9 in)".

Where do pupusas come from? Pupusas come from El Salvador which is located in Central America.



The largest Pupusa

The Pupusas entered the Guinness World Record in 2005.

VOCABULARY

Word search

There are fifteen ingredients in the Word Search. Try to find as many as you can in 3 minutes.

P
U
P
U
S
A
S

W
O
R
D

S
E
A
R
C
H

D	B	H	H	I	O	O	Q	K	D	J	C	R	D	F
C	E	E	Y	J	Ñ	A	L	Q	L	U	H	E	K	S
W	T	U	E	T	E	Z	U	L	Z	R	I	T	A	P
P	O	R	K	F	P	A	S	I	I	R	C	T	C	K
Q	S	P	I	N	A	C	H	H	F	S	K	U	N	S
H	Z	Y	N	W	L	J	I	E	R	L	E	B	P	I
J	N	K	H	S	A	Z	R	L	O	I	N	U	V	P
A	R	H	C	I	J	T	E	R	R	H	M	N	Q	Y
H	S	A	U	Q	S	O	O	M	T	A	O	P	F	R
A	O	X	Y	T	Y	C	E	O	B	S	G	I	S	V
N	F	X	V	K	O	E	D	R	N	P	S	U	E	B
L	R	R	J	H	X	S	I	A	M	H	L	Z	D	L
V	I	P	S	C	L	B	E	N	O	S	K	C	H	Q
P	P	L	D	I	H	B	H	F	R	S	W	B	N	J
Q	C	V	L	Q	O	G	A	N	C	B	I	M	V	I

BEANS
CHICKEN
JALAPEÑO
PORK
SHRIMPS

BEEF
FISH
LOROCO
QUESILLO
SPINACH

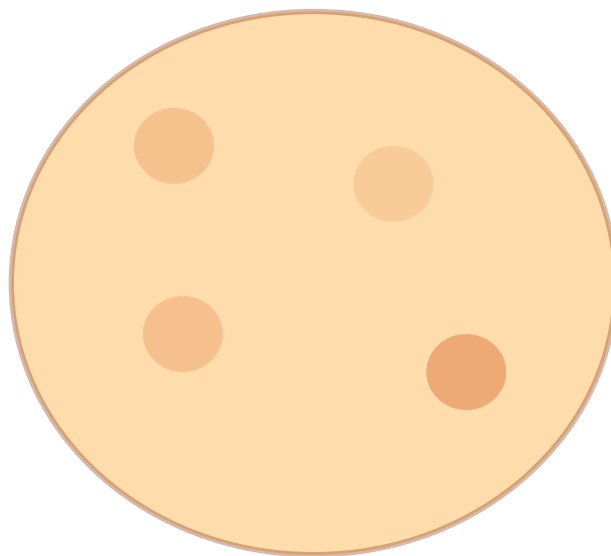
BUTTER
GARLIC
MORA
REFRIED
SQUASH

I would like....



Imagine you have a Salvadoran friend and she invites you over for dinner. She tells you she is making pupusas; what ingredients would you like to try?

Write, on the pupusa sketch bellow, the ingredients you would like to add to your Pupusa.



SUMMARY

Remember...

- Read the text more than once.
- Identify the main points of the text.
- Summarize the main points.
- The length of a summary is approximately one third of the original text.



- ☐ Pupuseria *La Autopista*, is the only Pupuseria where you can get a Pupusa Loca
- ☐ There is one *Pupuseria* in West New York called “La Pupusa Loca”

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

LISTENING

Latinos Try Pupusas For The First Time

by Pero Like

Before you watch, work with a partner and discuss the answers to the following questions 

- 1-Where do you think the Latinos that are trying Pupusas are from?
- 2-Why do you think those Latinos are trying Pupusas?

While you watch... 

- 3-Where are the Latinos that are trying Pupusas for the first time from?

Ivan: _____ Maya: _____

Alexis: _____ Julissa: _____

- 4-According to Alexis, what do Pupusas look like?

- 5- What is the only utensil you do not use to eat Pupusas?

- 6- Who are the owners of *Vichos Truck*?

_____ and _____

- 7-How does Julissa describe Pupusas?

- 8-How does Ivan describe Pupusas?

After you watch... 

- 9- How do you describe Pupusas?

YOUR TURN

Vote for one of the following projects to be carryout during class.

Project I- Pupusa Party

If you want to try real Pupusas, it is time to get started. Check **Project I** Worksheet for further instructions.

Project II-The Pupusas song

If you like singing and dancing, this is the perfect activity for your class. See the **PowerPoint Project II** for directions.

Project III-Jeopardy Game

Time to see how much you know about Pupusas. Let's play Jeopardy -see **PowerPoint and Worksheet III**



Project I

Pupusa Party



Project I Pupusa Party

INGREDIENTS

- ☐ 3 tablespoons of oil
- ☐ 2 cups of masa harina (Maseca)
- ☐ 1/2 teaspoon of salt
- ☐ 1 1/2 cups of water
- ☐ 5 ounces of quesillo

PUPUSA TOPPINGS

- ☐ Curtido
- ☐ Tomato sauce

DIRECTIONS

- 1: See page #11 on your unit for the recipe
- 2: Get all the ingredients listed above
- 3: Watch the YouTube video on how to make Pupusas:
<https://www.youtube.com/watch?v=kFkFDaFSx7Q>
- 4: Get an Iron Plancha
- 5: Divide the class into small groups
- 6: Assign each group a task: preparing the ingredients, preparing the dough, making the Pupusas, cooking the Pupusas, serving the Pupusas, etc.
- 7: Enjoy your “Pupusas Party”

Activity designed by ©Nelson Vásquez®

A photograph of a wooden bowl filled with several golden-brown pupusas, resting on a wooden surface. A white rectangular box with the word 'Recipe' is overlaid on the left side of the image.

Recipe

INGREDIENTS

- ☐ 3 tablespoons of oil
- ☐ 2 cups of masa harina (Maseca)
- ☐ 1/2 teaspoon of salt
- ☐ 1 1/2 cups of water
- ☐ 5 ounces of quesillo

PUPUSA TOPPINGS

- ☐ Curtido
- ☐ Tomato sauce

INSTRUCTIONS

Step 1: Make Pupusa dough with a simple mixture of masa harina (corn flour), salt and water. Dip your hands in a mixture of warm water and a little oil then scoop out a portion of dough a little larger than a golf ball.

Step 2: Shape the masa dough into a ball, then into a disc that is 3 to 4-inches wide.

Step 3: Add a generous pinch of **quesillo** to the center of the masa disc and gently fold the edges up all the way around until the cheese is sealed inside. (Note that you can also stuff them with beans, meat, vegetables or a combination of ingredients.)

Step 4: Gently pat the cheese filled masa dough ball back into a disc. Repeat with remaining dough.

Step 5: Cook Pupusas on a hot non-stick griddle until masa cakes are cooked through and lightly brown on both sides.



Project II

The Pupusa song



Project II-The Pupusa Song

How to Make Salvadoran Pupusas



Activity designed by ©Nelson Vásquez®

Ingredients

- 3 cups of corn flour
- 2 cups of water
- 1 cup of quesillo (Salvadoran cheese)
- 2 cups of refried beans (optional)
- Curtido
- Tomato sauce



Vocabulary



☐ Corn flour _(N)

☐ Dough _(N)

☐ Mix _(v)

☐ Stuff _(v)

☐ Flatten _(v)

☐ Eat _(v)

Pupusaaas with curtido and sauce



First you take some flour, add some water and you mix it, you mix it



Pupusaaas with curtido and sauce

Then you get the dough and
you stuff it with beans and
cheese.



Pupusaaas with Curtido and
Sauce



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Then you
take the
dough and
you flatten it
and fry it.



Pupusaaas with Curtido and
Sauce





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THANK you!

Activity designed by ©Nelson Vásquez®

Adapted from:

- Kang Shin, Joan. “The Peanut Butter & Jelly Song: Ideas for Teaching English to Young Learners”, 2012.



Project III

Jeopardy Game



INSTRUCTIONS FOR PLAYING JEOPARDY

---

1. Divide the class in groups of three.
2. Pick a category and a point value.
3. Click on the chosen box for the question.
4. Answer in the form of a question before clicking again. The teacher may want to set a time limit for answering the question.
5. To see if a group is correct, click again for the answer.
6. Click the “Home” button on the slide to return to the main board.
7. If the team is correct, they are awarded the point value of the question.
8. The dollar values disappear after each question.
9. Continue until all questions have been answered. The team with the most points wins.



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Project III-Jeopardy game

LET'S PLAY JEOPARDY!!



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Jeopardy



Category 1	Category 2	Category 3
<u>Q \$100</u>	<u>Q \$100</u>	<u>Q \$100</u>
<u>Q \$200</u>	<u>Q \$200</u>	<u>Q \$200</u>
<u>Q \$300</u>	<u>Q \$300</u>	<u>Q \$300</u>
<u>Q \$400</u>	<u>Q \$400</u>	<u>Q \$400</u>
<u>Q \$500</u>	<u>Q \$500</u>	<u>Q \$500</u>

Final Jeopardy

\$100 Question from Category 1

It is a thick flatbread made with cornmeal or rice flour stuffed with one or more ingredients.



\$100 Answer from Category 1

What is a Pupusa?



\$200 Question from Category 1

Quesillo, refried beans, pork,
beef, loroco, mora,
spinach, shrimps, squash,
chicken, fish, jalapeño,
garlic butter, among others.



\$200 Answer from Category 1

What are some ingredients of a Pupusa?



\$300 Question from Category 3

They are the typical food of a Central American country.



\$300 Answer from Category 1

-Where are Pupusas from?
-Are Pupusas from El Salvador



\$400 Question from Category 1

It is a place where someone can buy Pupusas.



\$400 Answer from Category 1

What is a Pupuseria?



\$500 Question from Category 1

The most famous town for its great
Pupusas



\$500 Answer from Category 1

Why is Olocuilta famous for?



\$100 Question from Category 2

This happens once a year in November



\$100 Answer from
Category 2

**When does the Pupusa festival take place in
El Salvador?**



\$200 Question from Category 2

New Jersey



\$200 Answer from
Category 2

**Where does the Pupusa Festival take
place in the USA?**



\$300 Question from Category 2

Pastelitos, Yucca, Empanadas, and Nuegados



\$300 Answer from
Category 2

What are some other Salvadoran Traditional dishes?



\$400 Question from Category 2

The Fastest Pupusera



\$400 Answer from Category 2

**What is one of the most traditional contests in the
Pupusa Festival?**



\$500 Question from Category 2

A woman who makes Pupusas



\$500 Answer from Category 2

Who is a pupuserera?



\$100 Question from Category 3

This happened in 2005



\$100 Answer from
Category 3

**When did Pupusas entered the Guinness World
Record?**



\$200 Question from Category 3

\$0.50



\$200 Answer from
Category 3

How much may be a Pupusa in El Salvador?



\$300 Question from Category 3

Forks



\$300 Answer from
Category 3

**What is the name of the utensil that is not use to eat
Pupusas?**



\$400 Question from Category 3

Joya de Cerén



\$400 Answer from
Category 3

**What is the name of the place where
Cooking implements for Pupusas were
found?**



\$500 Question from Category 3

This type of Pupusa is stuffed with several
ingredients



\$500 Answer from
Category 3

What is a Pupusa Loca?



Final Jeopardy

These are small green unopened flower buds used as an herb for flavoring in Central America.



Final Jeopardy Answer

What is Loroco?



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A1

A2

B1

B2

C1

C2