

Salvadorian Pastelitos

by Yamileth Swearingen



Ingredients for Curtido Salvadoreño

- 1 bag of coleslaw (do not need the coleslaw sauce)
- ½ teaspoon of pepper
- ½ teaspoon of salt (add more to taste)
- ½ teaspoon of oregano (optional)
- Mexican Salsa (Herdez Salsa Casera)

Instructions

Blanch coleslaw with boiling water for 2 minutes. Discard the water and add pepper, salt and oregano. Add ½ a cup of apple cider vinegar. Cool to room temperature, about 1 hour.

Ingredients for Dough

Dough/ Masa

- 3 ½ cups of Maseca flour
- 1 tsp of Chicken Bouillon
- 1 pack of Zason Goya

Instructions

Prepare dough by combining 3 cups of Maseca flour, chicken bouillon, Zason Goya in a bowl. Mix it and add 1 cup of warm water at a time. Knead to form smooth dough with a playdough-like consistency. If the dough is too elastic add the rest of the flour. Cover bowl with clean towel and let stand for at least 10 minutes.

After resting the dough, form into smaller balls then press into a flat disc in your palm using your fingers of your other hand.

Ingredients for the filling

- 1 lb. ground beef
- 2 Tablespoons of dice onion
- ½ teaspoon of chicken bouillon
- Mexican cheddar jack

Optional filling

- 1 large dice potato
- 1 large carrot
- ½ teaspoon of chicken bouillon

Instructions

Brown and season ground beef with dice onion and chicken bouillon.

Sautee the carrot and potato and add chicken bouillon

Filling and frying

1. In the center of each dough disc, place about ½ to 1 tablespoon of the stuffing, then fold the dough over the fillings into a crescent shape.
2. Seal edges with fingertips or with a fork.
3. In a deep pan, heat a generous amount of oil over medium heat to a temperature of 350 F (170°C).
4. Fry the pastelitos until golden orange.
5. Serve with curtido (coleslaw) and salsa.

Recipe makes 10 pastelitos.

