

## ***The Pupusa: The gastronomical treasure of El Salvador and Central America.***

By Carlos Emilio Hultsch Martínez.

Last week a friend of my mom's from El Salvador invited us to eat, and she prepared Pupusas. I had never eaten them before and they were so delicious that I started asking my mom's friend about this magnificent food. Pupusas are the most famous food of El Salvador, a country in Central America and were first cooked by the Indians from El Salvador. They are prepared with corn dough, pork meat, cheese, and Loroco (a vine with edible flowers, widespread in Mexico and Central America). Pupusas are eaten every day, frequently at dinner and are often served with a salad called *curtido* (which is made with onion, vinegar, oregano, grated carrot and cabbage additionally with tomato sauce). It is very popular in Central America but also the Pupusas are getting very famous in another countries like here in the United States. This food is so famous that there is song in Spanish dedicated to this food called "A mi me gustan las Pupusas" by the group Espiritu Libre. I hope you have the experience to eat them because is a food typical from other country and because Pupusas it is very delicious.



Left: Typical serving of Pupusas with "Curtido" and tomato sauce.

Right: The corn dough is mixed with Loroco to make the Pupusas.