Beef Pupusas & Curtido Slaw

1 HR 10 MIN	6 SERVINGS	540 CAL	34 G PROTEIN



Total Time: 1 hr 10 min

Ingredients:

- [ ] 1-1/2 pounds beef Flank Steak
- [ ] 1/4 cup fresh cilantro, chopped (optional)

Marinade:

- [ ] 3/4 cup fresh cilantro, chopped
- [ ] 1/2 cup chopped fresh mango
- [ ] 1/2 cup chopped fresh pineapple
- [ ] 1/3 cup fresh lime juice
- [ ] 1/3 cup olive oil
- [ ] 2 tablespoons achiote paste
- [ ] 2 cloves garlic, chopped
- [ ] 1/4 teaspoon pepper

Slaw:

- [ ] 1 package (16 ounces) coleslaw mix (about 7-1/2 cups)
- [ ] 1 small red onion, thinly sliced
- [ ] 1-1/2 cups chopped fresh mangoes
- [ ] 1-1/2 cups chopped fresh pineapple

Pupusas:

- [ ] 2 cups instant corn masa
- [ ] 1-3/4 cups water
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon pepper
- [ ] 1 cup shredded Monterey Jack cheese

Cooking:

1 Place Marinade ingredients in food processor or blender container. Cover; process until almost smooth. Cover and refrigerate 3/4 cup for dressing; cover and refrigerate. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Cook's Tip: Achiote or annatto seed paste is a popular seasoning in Mexican and Central American dishes. Made from ground annatto seeds, spices and garlic, achiote paste is available at Hispanic markets and specialty Internet food stores and some large supermarkets.

2 Combine Slaw ingredients and reserved 3/4 cup marinade in large bowl; toss to coat. Season with salt, as desired. Cover and refrigerate until ready to serve.

Cook's Tip: One jar (24 ounces) mango slices, drained and chopped, may be substituted for 2 cups chopped fresh mangoes.

One can (20 ounces) pineapple chunks, drained, may be substituted for 2 cups chopped fresh pineapple.

3 Prepare Pupusas. Combine corn masa, 1-1/2 cups water, salt and pepper in large bowl until soft dough forms. Gradually add more water, if necessary. Divide dough into 6 equal balls. Make indentation in center of each ball; fill with about 2-1/2 tablespoons cheese. Push dough up and around cheese to completely enclose. Flatten balls with hands or rolling pin into 6-inch discs, making sure dough stays sealed. Cover with damp paper towels until ready to cook. Spray large skillet or griddle with nonstick cooking spray; heat over medium-high heat until hot. Place pupusas in skillet in batches; cook 2 to 4 minutes or until lightly browned, turning once. Keep warm.

4 Meanwhile, remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Remove; let stand 5 to 10 minutes. Carve steak across the grain into thin slices. Season with salt, as desired.

5 Place 1 pupusa on each serving plate. Top with slaw and beef. Garnish with cilantro, if desired.

Test Kitchen Tips

Less tender cuts should be marinated for 6 hours, but not more than 24 hours.

BEEF
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