

Birria Pupusa Dunker (SFR- School Food Rocks)

Health-e Pro
MENU PLANNING

General Information

Recipe #	Category	Source
2114772	Lunch Entree	Local

Ingredients

Name	Quantity	Quantity + 2
Pupusa, Birria and Cheese, 40/5.5oz, 13.75#, 2M, 2.25WG, Del Real, 641	100 pupusa	
Quick Pickled Onions (SFR- School Food Rocks)	1 pt., 1 tbsp., 1 tsp.	
Onions, raw	1 pt., 1 tbsp., 1 tsp. chopped	
Vinegar, distilled	1 pt., 1 tbsp., 1 tsp.	
Beverages, water, tap, municipal	2 ⅓ FL OZ	
Sugar, Granulated, 25#, C&H Sugar, 404720	½ c., 1 tsp.	
Salt, table	1 tbsp., 1 ¼ tsp.	
Pico de Gallo (SFR-School Food Rocks)	1 gal., 2 qt., 1 c.	
Tomatoes, red, ripe, raw, year round average	3 qt., 1 pt., 1 c. chopped or sliced	
Onions, raw	1 qt., 1 c. chopped, raw to prepared	
Coriander (cilantro) leaves, raw	1 pt., 1 ¾ c.	
Peppers, jalapeno, raw	15 pepper	
Limes, raw	10 fruit (2" dia)	
Salt, table	1 tbsp., 2 tsp.	
Birria Broth (SFR- School Food Rocks)	1 gal., 2 qt., 1 c.	
Soup, chicken broth, low sodium, canned	1 gal., 2 qt., 1 c.	
Peppers, ancho, dried	16 ½ pepper	
Peppers, hot chile, sun-dried	16 ½ pepper	
Onions, raw	3 lbs., 2 oz. chopped	
Garlic, raw	16 ½ clove	
Vinegar, Apple Cider, 4/1gal, Monarch, 252631	1 c., 1 ½ tsp.	
Spices, Cumin, Ground, 6/16oz, Monarch, 207822	⅓ c., ½ tsp.	
Spices, oregano, dried, 1.5 lb, Monarch, 207191	⅓ c., ½ tsp. ground	
Spices, paprika	⅓ c., ½ tsp.	
Oil, Vegetable, 6/1gal, USDA, 100439	1 c., 2 tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross-contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This



Birria Pupusa Dunker

Serving Size	Yield
1 Pupusa	100.00

Nutrition Facts

Serving Size 1 Pupusa (293 gm)

Amount Per Serving	
Calories	382.115
% Daily Value*	
Total Fat	18.092 gm27.834%
Saturated Fat	6.498 gm32.489%
Trans Fat	0.000* gm
Cholesterol	45.000 mg15%
Sodium	1085.805 mg45.242%
Total Carbohydrate	35.774 gm11.925%
Dietary Fiber	3.857 gm15.43%
Total Sugars	4.021* gm
Includes 0.999* gm of Added Sugars	
Protein	20.210 gm40.42%
Vitamin A	53.736*5.971%
Vitamin C	10.165*16.942%
Vitamin D	0.200*1%
Calcium	491.869*49.187%
Iron	2.319*12.881%
Potassium	528.166*11.238%
Saturated Fat % of Calories	15.304 %
Added Sugar % of Calories	1.046 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz
Whole Grain-Rich	2.25 oz

applies as well to before and after glove use. Use clean pair of gloves when handling product.
Replace gloves after handling any other object.

CCP: Record time and internal temperature of product when received on daily log.

Instructions:

1. Wash and dry all produce.
2. Prepare the Pickled Red Onions:

1. In a small saucepan, combine vinegar, water, salt, and sugar. Heat until sugar is fully dissolved. Remove from heat.

2. Slice red onions. Add sliced onions to a container and pour pickling liquid over onions. Stir to combine. Cover and refrigerate for at least 30 minutes prior to service. **Critical Control Point: Hold cold at 41°F or below until service.**
3. Prepare the Pico de Gallo:

1. Dice onions, tomatoes, and jalapeños. Chop cilantro and cut limes in half.

2. Combine onions, tomatoes, jalapeños, salt, and cilantro in a bowl. Add the juice of limes and mix ingredients well. Cover and refrigerate for at least 1 hour before use. **Critical Control Point: Hold cold at 41°F or below until service.**
4. Prepare the Birria Consommé:

1. Mince garlic and dice onions. Set aside. **Critical Control Point: Hold cold at 41°F or below.**

2. Remove stems and seeds from guajillo and ancho chilies. Heat a dry skillet over medium heat. Toast chilies for 1–2 minutes on each side until fragrant. Do not burn.

3. Place toasted chilies in a bowl. Cover with hot water and soak for 15–20 minutes until softened. Reserve soaking liquid.

4. Drain chilies and place in blender. Add diced onion, minced garlic, apple cider vinegar, ground cumin, dried oregano, paprika, and chicken broth. Blend until smooth.

5. Add vegetable oil to a large pot or tilt skillet over medium heat. Pour in blended mixture. Bring to a simmer and cook for 20–30 minutes. **Critical Control Point: Heat to 165°F for at least 15 seconds.** Transfer birria consommé to steam table pan and hold hot for service. **Critical Control Point: Hold hot at 135°F or above until service.**
5. Preheat oven to 375°F. Line sheet pans with parchment paper.
6. Remove Birria & Cheese Pupusas from packaging, place on pan, and lay out in a single, even layer. Place pan in preheated oven for 12–15 minutes. **Critical Control Point: Product must reach an internal temperature of 165°F for 15 seconds.** Transfer pupusas to hot holding cabinet until service. **Critical Control Point: Hold hot at 135°F or above until service.**
7. Assembly:

1. Place 1 Birria & Cheese Pupusa onto serving container.

2. Serve with 2 oz birria consommé dipping sauce. *Best in a 3-4 oz dipping cup

3. Top pupusa with 1 tsp pickled red onions.

4. Serve with ¼ cup pico de gallo on the side.

5. Garnish with chopped cilantro and lime wedge.
8. Serve immediately.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees.
Any food not eaten after reheating must be discarded.

Other Vegetables

0.25 cups

Allergens

Milk

Added Sugar Limitations

Not applicable.

Vendors

- C&H/Domino Sugar 
- Del Real Foods, LLC 
- USDA Foods in Schools 
- US Foods 

Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. Any food not eaten after reheating must be discarded.

Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

Dates	
Last Updated	Created
06-05-2026	05-23-2026