



Quesadilla Salvadoreña is a beloved traditional dessert from El Salvador, often mistaken for the Mexican quesadilla, which is a savory dish. Unlike its Mexican counterpart, **Quesadilla Salvadoreña** is a moist, sweet pound cake made primarily from rice flour, Parmesan cheese, and sour cream. This cake is known for its rich texture and subtle sweetness, making it a favorite for breakfast, snack time, or dessert. Salvadorans often enjoy it with coffee or [hot chocolate](#), making it a comforting treat for any occasion.

The unique taste of **Quesadilla Salvadoreña** comes from the blend of ingredients, particularly the use of Parmesan cheese, which adds a slightly salty, umami depth that balances the cake's sweetness. Traditionally baked in a clay oven, modern versions can be made easily in a conventional oven while still preserving the authentic flavors of El Salvador.

The Secret to the Perfect Quesadilla Salvadoreña: Key Ingredients

To make an authentic **Quesadilla Salvadoreña**, you need high-quality ingredients that bring out the richness of the cake.

Essential Ingredients:

- **3 large eggs, separated** - Egg whites are beaten to add airiness, while yolks enrich the batter.
- **1 cup white sugar** - Adds the necessary sweetness to balance the flavors.
- **½ cup butter, melted** - Provides moisture and a rich taste.
- **1 (4-ounce) package Parmesan cheese, finely grated** - The secret ingredient that gives **Quesadilla Salvadoreña** its signature taste.
- **¾ cup sour cream** - Adds a creamy texture and slight tanginess.
- **1 teaspoon baking powder** - Ensures the cake rises properly.
- **1 cup rice flour** - Gives the cake its unique crumbly yet moist texture.
- **1 tablespoon sesame seeds** - A traditional topping that adds a slight crunch and nuttiness.

Using the best quality Parmesan cheese and rice flour is key to making the best **Quesadilla Salvadoreña**. The combination of these ingredients creates a dense yet soft cake that melts in your mouth.



Step-by-Step Guide to Making Authentic Quesadilla Salvadoreña

Now that we have the ingredients, let's go through a detailed step-by-step process to make a perfect **Quesadilla Salvadoreña**.

Step 1: Preheat and Prepare

Start by preheating your oven to **350°F (175°C)**. Grease a **9×13-inch baking dish** with butter or line it with parchment paper to prevent sticking.

Step 2: Beat the Egg Whites

In a clean glass or metal bowl, beat the egg whites using a hand or stand mixer until they form firm but not stiff peaks. This step helps create a light and airy texture in the **Quesadilla Salvadoreña**, ensuring it doesn't become too dense.

Step 3: Cream the Sugar and Butter

In a separate large mixing bowl, combine the white sugar and melted butter. Beat the mixture on high speed until it turns creamy and pale. This process incorporates air and helps dissolve the sugar, resulting in a smoother batter for your **Quesadilla Salvadoreña**.

Step 4: Add Egg Yolks

Next, add the egg yolks to the sugar and butter mixture. Beat them until they are fully blended and create a rich, smooth consistency. This step enhances the moisture and richness of the **Quesadilla Salvadoreña** batter.

Step 5: Incorporate Parmesan Cheese and Sour Cream

Gradually mix in the finely grated Parmesan cheese, followed by the sour cream. Continue beating until the batter is smooth and free of lumps. The cheese gives the **Quesadilla Salvadoreña** its distinctive savory-sweet balance, while the sour cream contributes to the cake's creamy texture.



Step 6: Sift and Fold the Dry Ingredients

Sift the rice flour and baking powder over the batter. Using a spatula, gently fold the dry ingredients in to prevent over-mixing. Over-mixing can make the **Quesadilla Salvadoreña** too dense instead of light and fluffy.

Step 7: Fold in Egg Whites

Carefully fold in the beaten egg whites using a spatula. This step is crucial as it ensures the **Quesadilla Salvadoreña** remains airy and not too heavy.

Step 8: Pour and Sprinkle Sesame Seeds

Pour the batter into the greased baking dish and spread it evenly. Sprinkle sesame seeds generously on top. These seeds not only add flavor but also give the **Quesadilla Salvadoreña** an appealing, traditional look.

Step 9: Bake to Perfection

Place the baking dish in the preheated oven and bake for **38-40 minutes** or until the top is golden brown. To check for doneness, insert a toothpick into the center—if it comes out clean, your **Quesadilla Salvadoreña** is ready.

Step 10: Cool and Serve

Let the **Quesadilla Salvadoreña** cool in the baking dish for about 10 minutes before slicing. Serve warm with a cup of coffee or refrigerate for later enjoyment.

Nutrition Facts (Per Serving)

Nutrient	Amount
Calories	270
Fat	15g
Carbohydrates	29g
Protein	6g
Sugar	15g
Sodium	180mg



Fiber 1g

Tips and Tricks for a Moist and Flavorful Quesadilla Salvadoreña

Achieving the perfect **Quesadilla Salvadoreña** requires a few expert tips. Follow these to ensure your cake comes out delicious every time.

Use High-Quality Parmesan Cheese

The Parmesan cheese should be finely grated and of high quality. Cheap or pre-grated Parmesan often lacks the rich umami flavor that makes **Quesadilla Salvadoreña** special.

Don't Over-Mix the Batter

Over-mixing can lead to a dense cake. Gently folding in ingredients, especially the egg whites, ensures the **Quesadilla Salvadoreña** remains light and fluffy.

Measure Ingredients Precisely

Baking is a science, so precise measurements are key. Use measuring cups and spoons to ensure you have the right balance of ingredients in your **Quesadilla Salvadoreña**.

Let the Cake Cool Before Slicing

Resist the urge to cut into the **Quesadilla Salvadoreña** immediately after baking. Allowing it to cool ensures it sets properly and has the right texture.

Experiment with Different Variations

Some people add a touch of vanilla extract or a sprinkle of cinnamon to give their **Quesadilla Salvadoreña** an extra layer of flavor.

Serving and Pairing Suggestions for Quesadilla Salvadoreña

Quesadilla Salvadoreña pairs beautifully with various drinks and side dishes.



Traditional Pairings:

- **Coffee** - A hot cup of Salvadoran coffee enhances the sweet and savory flavors of the cake.
- **Hot Chocolate** - The richness of hot chocolate complements the creamy texture of **Quesadilla Salvadoreña**.
- **Horchata** - A refreshing rice-based drink that balances the cake's sweetness.

Creative Serving Ideas:

- **With Fresh Fruits** - Serve **Quesadilla Salvadoreña** with berries or tropical fruits for a refreshing contrast.
- **Drizzled with Honey** - A light drizzle of honey can elevate the sweetness of the cake.
- **Topped with Whipped Cream** - Add a dollop of whipped cream for a richer treat.

Final Thoughts

Quesadilla Salvadoreña is a timeless Salvadoran dessert that brings comfort and joy with every bite. With its unique combination of Parmesan cheese, rice flour, and sour cream, this cake stands out as a deliciously moist and flavorful treat. By following the step-by-step guide and expert tips, you can create an authentic **Quesadilla Salvadoreña** at home and enjoy it with family and friends. [Buen provecho!](#)