

# Cooking Arepas

"Arepas" are cornmeal round and flat cakes that originated hundreds of years ago in Colombia and Venezuela. It is a typical meal that is cooked on a rack, pan-fried, or baked.

Arepas can be served as bread or used as sandwiches with fillings such as cheese, black beans, chicken, meat, veggies.

**Prep:** 10 mins

**Cook:** 10 mins

**Total:** 20 mins

**Servings:** 6

**Yield:** 6 arepas



DAIRY FREE



GLUTEN FREE

## INGREDIENTS

2 cups of corn flour

2 cups of water

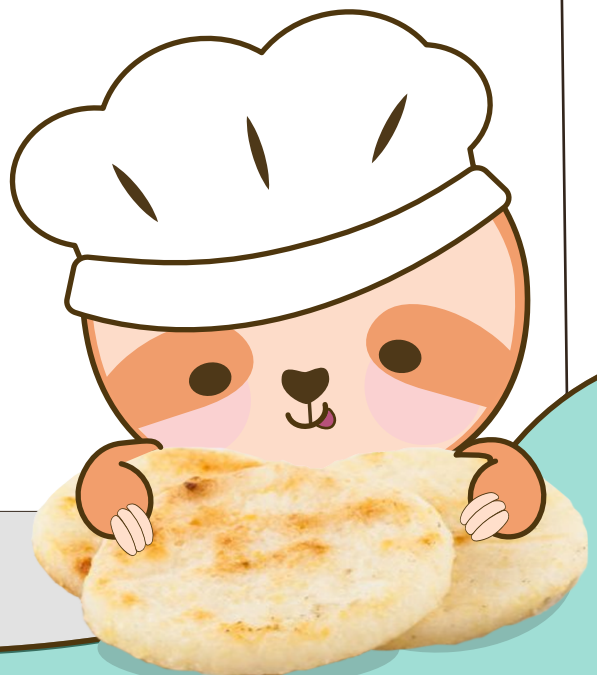
salt

Avocado or olive oil (Spray)

\*optional: mozzarella grated cheese

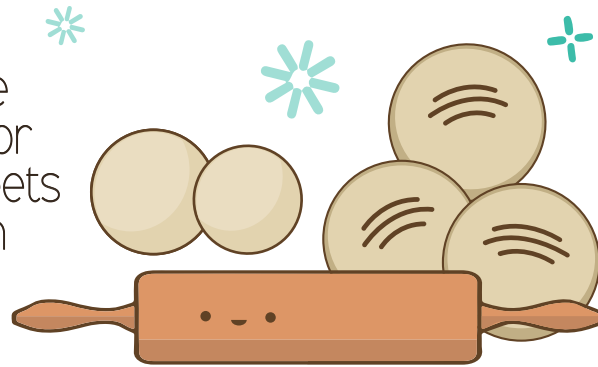
## MEZCLA - MIX

Mix the water, corn meal, mozzarella cheese (optional), and pinch of salt together in a large bowl. Knead until mixed well and the dough has a soft consistency.



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Form balls the size of a medium orange and shape them as a semi flat circle or place them between 2 sheets of plastic wrap and Flatten with a rolling pin to your desired thickness.



**Tip:** You can use a Tortillera or Arepera.

Coat a griddle or frying pan with cooking oil spray and heat to medium-high. Add arepas and grill until golden brown, about 5 minutes per side. Serve immediately.



## Personaliza

- Make it your own

Arepas have a mild flavor so they go well with almost everything. You can try using two flat arepas or one opened in half and filled it with your choice of shredded chicken, meat, vegetables, chesse, beans, hummus and much more.

similar to arepas are the mexican "gorditas" and the salvadorian "pupusas". They are also round flat corn cakes Gorditas are puffed up when fried in oil, forming an air pocket which is later filled. Pupusas are flatter and made with a corn flour stronger in flavor than the one used for arepas.

