

Making Arepas

Arepas are eaten in South America in countries such as Venezuela and Colombia.

They can be eaten for breakfast,
be made into sandwiches
or eaten as a snack at any time of the day.
They can be eaten plain,
with butter,
spread with jam;
they can be stuffed with ham and cheese,
ground beef,
chicken,
pork
or tuna.

Enjoy them as you like them!

Corn Arepa Recipe

Ingredients:

- 2 cups of pre-cooked white corn flour named "HARINA PAN" (Found in most local grocery stores)
- 1 teaspoon of salt
- Warm water

Mixing Instructions:

1. Put warm water in a bowl with the salt.
2. Add the flour little by little stirring continuously with a fork or with hands. Add flour until you get soft dough that doesn't stick in your hands. If you added too much flour and the dough becomes too dry, add a little warm water to get it to the right consistency, which should be elastic without sticking to the hands.
3. Knead the dough until you don't feel any lumps.
4. Let it stand for five minutes.
5. Mold the *arepa* to the size and shape of an English muffin. Repeat until they is no dough left.

Cooking Instructions:

1. Place the *arepas* on a slightly greased skillet and cook until a hard crust is formed on the sides.
2. Remove the *arepas* from the skillet and place them in a pre-heated oven at 350° Fahrenheit.
3. Cook in oven until slightly golden or when the *arepas* sound hollow when tapped.
4. Take the *arepas* out of the oven and serve hot.