

Arepas

(Venezuela and Colombia)
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Venezuela and Columbia are both South American countries. Both of these countries have a rich cultural history. However more recently there have been some political issues in Venezuela causing many people, (including my parents) to have to leave.

Arepas are a Latin American dish, usually served for breakfast. Specifically, Arepas are a Venezuelan and Columbian food. Arepas have been found in archeological sites in modern day Venezuela and Columbia.

Ingredients:

Dough:

2 1/2 cups warm water
1 teaspoon salt
2 cups P.A.N. cornmeal

Optional fillings:

Butter
Queso blanco
Avocado
Ham
Scrambled eggs

Instructions:

Preheat oven to 425°F.

In a bowl, combine warm water and salt. Mix the salt and water until the salt is fully dissolved. In small amounts, add P.A.N. cornmeal making sure there are no clumps in the bowl. Once fully combined, separate into individual Arepas (about 3-4 inches in diameter, not too thick).

Cook in a pan (keeping the arepas shape), until lightly browned. Bake at 425° F until toasted to personal taste. Finally, cut open your Arepa, and fill it with butter, queso blanco, avocado, ham, scrambled eggs, or whatever you like. This can be eaten for breakfast or dinner.

Tips:

Make sure the pan you heat up the arepas on isn't too hot.

When heating the arepas on a pan lightly drizzle corn oil on the pan.

Make sure your avocados are ripe, not hard as a rock when opened nor brown with a bad smell.

Please enjoy!