



Arepas Venezolanas

Serves up to six people

Ingredients

1 cup *masarepa*

1 1/2 cups water, plus more as necessary

1 teaspoon vegetable oil

Salt to taste

2 teaspoons butter

Fillings as desired: Cheese (*queso fresco*), black beans, shredded chicken, or shredded pork

Directions:

Preheat grilling pan on stove. Combine *masarepa*, 1 cup water in a medium bowl, mix continuously so it doesn't become dry, and let sit for 2-3 minutes. Then adjust the texture while kneading with hands, adding small amounts of water until a *masa*-dough is formed. If the edges crack, knead in more water a tablespoon at a time until dough is supple and smooth but not sticky. Season dough to taste with salt, then cover and set aside for five minutes.

Divide dough into four even pieces of the *masa* and roll into balls. Take each *masa* ball in your hands and slap down between each hand until it forms a 1/2-inch thick disk [*watch our video to see how Nohemi does it*]

Add one T of olive or corn oil onto a 12-inch cast iron or non-stick skillet over medium-low heat. Add arepas and cook, moving them around the pan and rotating them occasionally, until first side is charred in spots and a dry crust has formed, about five minutes. Flip arepas and cook on second side until a dry crust has formed, about five minutes longer then cover them and do not remove pan cover or they will flatten. To check if they are done, pick one up and slap the top gently and it should not give, but feel firm all the way through to the inside. Remove from stove, let rest 5 minutes, split, fill, and serve.

T= tablespoon

tsp = teaspoon

Notes:

Masarepa is dehydrated cooked corn meal. It is available in the Latin section of most supermarkets or at local *bodegas* in either white or yellow varieties. The brand that Nohemi uses in the video is the original corn meal from Venezuela called *P.A.N.*, which is *gluten-free* and 100% natural ground corn.



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