

Arepas



About this Dish

A staple of South American cuisine, arepas are a popular treat that has been enjoyed throughout Colombia for over 3,000 years. These tasty corn cakes are easy to make, endlessly delicious, and infinitely customizable. In addition to being consumed plain, arepas are also commonly stuffed with many fillings. The most common fillings used in traditional arepas include cheese, avocado, beans, and shredded chicken. Outside of Colombia, you'll also find arepas enjoyed in Venezuela, Bolivia, Panama, and other South American countries.

Ingredients

- 2 ½ cups lukewarm water
- 1 ½ teaspoons salt
- 4 ounces of mozzarella cheese, cut into 8 cubes
- 2 cups pre-cooked white cornmeal
- ¼ cup vegetable oil

Total time: 50 minutes

Serves: 3-5

Try this!

- To make frying the arepas easier, fry one or two patties at a time.
- If you want to forgo the cheese, substitute the mozzarella filling for avocado and beans (add these fillings after the arepas cool).
- Line a plate with tin foil and cover fried arepas with additional piece of foil to keep warm.



1 PREP MIXTURE

Stir together lukewarm **water** and **salt** in a large bowl.



2 MAKE DOUGH

After the salt dissolves completely, gradually stir in the **cornmeal** using your fingers until the mixture forms a malleable dough.



3 FORM DOUGH

Form the **dough** into eight golf-ball-sized balls. Then, pat each ball to flatten it into a 5-inch-sized patty.



4 ADD CHEESE

Place a cube of **mozzarella** in the middle of each patty. Fold the dough over the cheese and make sure it is completely covered. Next, pat each patty again until each is 3 inches wide.



5 FRY DOUGH

Using a large skillet over medium heat, heat **oil** and fry the **arepas** until golden brown (4 to 5 minutes per side).



6 PLATE AND ENJOY

Transfer each **arepa** to a paper-towel-lined plate to drain until cool. Slice halfway through each arepa to form a pita-like pocket. Enjoy!