

Arepas

Colombian-Venezuelan corn cakes - makes 8

Makes 8 • Prep 15 min • Cook 20 min • Colombia & Venezuela

INGREDIENTS

The dough

- 2 cups masarepa (pre-cooked white corn meal, e.g. P.A.N. or Areparina)
- 2 1/2 cups warm water
- 1 tsp fine sea salt
- 1 tbsp vegetable oil, plus more for the griddle

Classic fillings (choose your side)

- Shredded queso blanco or mozzarella
- Sliced avocado
- Shredded beef or chicken (reina pepiada style)
- Black beans and cheese (domino style)
- Butter and salt - the purist move

METHOD

1. Whisk the salt into the warm water, then gradually stir in the masarepa with your fingers or a fork until no dry lumps remain.
2. Knead the dough in the bowl 2 to 3 minutes until smooth and soft, like playdough. Add the oil and knead once more. Rest 5 minutes - the corn will drink up the water.
3. Divide into 8 balls. Flatten each between your palms into a disc about 4 inches wide and 1/2 inch thick, smoothing any cracked edges with a wet finger.
4. Heat a lightly oiled griddle or cast-iron pan over medium heat. Cook the arepas 6 to 8 minutes per side until golden with charred spots and a hollow sound when tapped.
5. For Venezuelan-style stuffed arepas: let them cool 2 minutes, slit them open like a pita, and stuff generously.
6. For Colombian-style: keep them thinner, top with butter and salt, or split and fill with cheese. Eat hot, always.

Tip • Masarepa is NOT the same as masa harina (for tortillas) or regular cornmeal - it is pre-cooked corn flour, and nothing else works. Look for P.A.N. (yellow bag) at Latin markets or the international aisle.