

VENEZUELAN AREPAS– By Yutcelia Galviz

The arepa is a typical food of Venezuela. Arepa is a kind of bread based on corn flour with a flattened round shape that can be accompanied with various fillings. In this recipe I will show how to make some arepas that you can accompany with meat, chicken, cheese or according to your taste.

Ingredients:

- 2 ½ cups of water
- 1 teaspoon of salt
- 2 cups of Harina Pan (pre-cooked white corn meal) →
- A dash of oil



To prepare the arepa:

- 1- Put in a bowl 2 cups of Harina Pan. Add 1 teaspoon of salt.



- 2- Add 2 cups of water. Then, mix the ingredients and knead until obtaining a smooth and homogeneous dough, if needed use the remaining water.



- 3- Let it rest the dough for about 5 minutes. Knead again and divide the dough into 8-10 parts. Form medium balls with the dough.



- 4- Start flattening them with the palms of your hands to make the traditional arepa shape. They should be at least 1 cm thick.



- 5- Place a dash of oil on a griddle and spread it over the entire surface with the help of kitchen paper. Heat and take the arepas to the grill. Cook over low heat until you see that they have hardened on one side. Then flip them over and let them brown on the other side.



- 6- Make a cut on one of the sides of the arepas and cut along the entire circumference. Open them and fill them to your liking, in the picture, you can see my arepa filled with a delicious shredded chicken.



- 7- Some options if you want some traditional Venezuelan arepas are:
- Chicken and advocato (you'll be eating the traditional "Reina pepiada")
 - Black beans
 - Shredded meat
 - Scrambled egg mixed with onion and tomato (Venezuelan "perico")
 - The most diverse types of cheese are always a good option to eat separately or combined with other side dishes.

Serve your arepas and *¡Buen provecho!*