Bread & baking / Colombia

Arepas



Cakes of precooked corn flour, griddled and split open to be stuffed.

Time 40 min **Servings** 4

What you'll need.

- ☐ 250 g Precooked corn flour
- ☐ 320 ml Warm water
- ☐ 150 g Fresh white cheese — grated
- ☐ 30 g Butter
- ☐ 2 tbsp Neutral oil
- ☐ 1 tsp Salt

Let's make it.

01 Dissolve the salt in the warm water and stir in the flour by hand. Add the butter and cheese.

02 Knead for three minutes and let it stand five. The dough should stop sticking and roll into a ball easily.

03 Shape cakes ten centimetres across and a centimetre and a half thick. Smooth the edges with wet fingers; cracks widen in the pan.

04 Griddle them with a drop of oil for four minutes a side, to a firm crust.

05 Finish them at 180 °C for ten minutes. A done arepa sounds hollow when tapped.

06 Split them hot lengthways, not all the way through, and stuff them: cheese, avocado, stewed meat or egg.

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