



## AREPAS (Corn flour Bread rolls)

### □ **Ingredients for about 10 breads (depending on the size you desire) :**

- 200g of PAN corn flour white or yellow
- 300ml of water
- 1 spoonful of salt

### **RECIPE**

#### 1- Preparation:

Pour the PAN flour and the salt into a bowl. Add the water slowly and mix with hands until the obtaining of a soft dough without lumps.

Let rest 5 minutes and mix another 3 minutes (the dough must be wet but substantial, you must be able to form balls easily).

Divide the dough in equivalent portions and make of very round balls. Take then every ball to shape it so: make turn the ball with wet hands, press little by little to find the shape of a not too thick oval bread.

Retouch edges so that the dough is very oval.

On a very warm and slightly oiled frying pan, put the arepa and brown on both sides. Then put the arepas in the oven during 15 minutes in approximately 180 °.

For arepas very toasted, leave them longer in the oven.

You can also deep-fry them, in that case use more oil in your heating pan and let cook longer.

#### 2- Preparation of the stuffing:

The arepa can be served natural or stuffed according to your imagination and your tastes. Here are some suggestions:

- Reina pepeada: stocked with avocado, potatoes, carrot, chicken and mayonnaise
- Pelúa ( the Hairy): with cheddar and slivers of meat
- Catira ( the Blonde): with cheddar and chicken

Enjoy your meal!



### Other entrées :

