

THINGS TO KEEP IN MIND

If you're stuffing your arepas, slice them in half while they're still hot and add your filling between the 2 slices. Suggestions for stuffing include red onions, cilantro, black beans, and jalapeño peppers.

INGREDIENTS:

- 1 ½ cups of warm water
- 1 tbsp of unsalted butter or olive oil
- ½ tsp of salt (optional)
- 2 cups of cooked cornmeal
- ½ cup of queso cotija
- ½ cup of shredded mozzarella cheese
- 2 tbsp of olive oil (for frying)



Arepas Colombianas (Colombian corn pancakes)

Directions

1. Add 1 tbsp of butter or olive oil to the warm water, along with the salt, if desired. Stir until butter has melted, or until olive oil and water are well combined. Set it aside.
2. In a large bowl, mix the dry ingredients: cornmeal, queso cotija, and mozzarella cheese.
3. Add the water mixture to the dry ingredients. Stir together to form a dough. Continue stirring until the dough no longer sticks to your hands. Cover and let rest for five minutes.
4. Grab a tennis-ball-sized chunk of dough and form a ball with your hands. Next, flatten it until it's about a quarter inch thick, making sure the edges are not cracked. This piece of dough will form your arepa. Repeat, creating more arepas until you've used the rest of the dough.
5. Heat the olive oil in a skillet or frying pan over medium heat. Add the arepas to the pan. Fry them, flipping occasionally, until they are golden brown on each side.
6. Remove the arepas from the pan and serve. They can be eaten on their own or stuffed with beans, herbs, and vegetables.