

Arepas

Makes 6 to 7

2 ½ cups warm water
1-teaspoon salt
2 cups precooked corn flour (PAN)
Butter

Place the water in a bowl and add the salt. Mix.

Slowly add the flour and mix with a spoon. Finish mixing with your hands until you have a non-sticky dough. Let it rest for a few minutes.

Place some oil in a bowl with water. Wet your hands and make a ball of dough. Squish it into a disk and form it while you spin it in your palms.

Place the arepas under a damp kitchen rag.

Heat your oven to 350 degrees F (176 C).

Melt some butter in a skillet (preferably cast iron). Place the arepas on it and brown – flipping a few times.

Place the browned arepas in the oven and bake for about 10 minutes until completely cooked through.

Handle the arepas carefully as they are hot. Cut the arepas open leaving an edge intact to form a pocket. Add a little bit of butter in the middle and fill with your filling of choice. Enjoy!