

Colombian Arepa de Queso (Cheese Arepas)

✓ *Makes: 6 arepas*

✓ *Prep Time: 10 minutes*

✓ *Cook Time: 15 minutes*

Ingredients

- 1 cup **precooked white cornmeal (masarepa)** (e.g., PAN brand) 🌽
- 1 cup **warm milk or water** 🥛
- ½ teaspoon **salt** 🧂
- 1 tablespoon **butter, softened** 🧈
- 1 cup **grated cheese** (queso fresco, mozzarella, or a mix) 🧀
- ½ cup **more cheese** for stuffing (optional) 🧀🧀
- Extra butter or oil for cooking

1 Mix the Dough

- In a bowl, mix the cornmeal and salt.
- Add warm milk (or water) little by little, mixing with your hands.
- Knead in the butter and 1 cup of grated cheese until smooth.

2 Rest the Dough

- Let the dough sit for about **5 minutes** to absorb the liquid.

3 Shape the Arepas

- Divide the dough into **6 equal balls** and flatten each into a disc about ½ **inch thick**.
- If using extra cheese for stuffing, make a small pocket in the dough, add cheese, and seal it back up before flattening again.

4 Cook the Arepas

- Heat a non-stick pan or griddle over **medium heat** and grease it with butter or oil.
- Cook the arepas for **4-5 minutes per side**, pressing slightly, until golden brown and crisp.

5 Serve & Enjoy

- Serve warm with butter, more cheese on top, or a drizzle of honey if you like sweet-savory contrast.

