

AREPITAS

Ingredients

2 1/2 cups milk
1/2 stick (1/4 cup) unsalted butter, cut into pieces
1 1/2 cups white arepa flour (precooked cornmeal)
1 teaspoon salt
1 tablespoon sugar
2 tablespoons vegetable oil

Preparation

Bring milk to a simmer in a small saucepan, then remove from heat and stir in butter.

Combine arepa flour, salt, sugar, in a large bowl.

Add hot milk and stir until combined. Let mixture stand until milk is absorbed enough for a soft dough to form, 1 to 2 minutes (dough will continue to stiffen).

Form dough into 12 balls (about 2 inches in diameter) and flatten between palms into 3 1/2- to 4-inch patties (about 1/3 inch thick).

Heat , tablespoon oil in a large nonstick skillet over moderately low heat until hot, then cook 3 or 4 arepas until cooked through and golden in patches, 6 to 8 minutes on each side. Make more arepas in same manner, adding oil as needed.

This is a traditional dish of Venezuela- Chef Lorena's country of origin- it can be stuffed with meat, cheese, or poultry or served with butter and cream cheese for breakfast.

No recommended wine pairing

Serves: 8-10 Prep Time: 15 min Cook Time: 20 min Total Time: 35 min

Source: Chef Lorena Garcia **Category:** varies

