



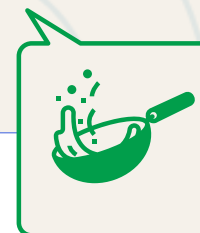
Arepas



Arepas are a staple food in Venezuelan and Colombian cuisine and they are a common, quick bite. Arepas are eaten at any time of the day; from early mornings to a midday snack - or a last snack before bed. This delicious dish has many variations. It can be fried, grilled, stuffed or baked.

Global Links

Arepas are claimed by both Venezuelans and Colombians to have originated in their country. This is because the two countries used to be just one country before they were separated. Sometimes around the world, it is not clear where a dish or certain foods originated from. For example, the Pavlova dessert is claimed by both New Zealand and Australia.



Vocabulary

Cooking (v)



Cocinar

Fry (v)



Freír

Delicious (adj)



Delicioso

Curriculum Links Health and Physical Education (Food and Nutrition)

Ingredients

Arepas

Makes 3 medium or 4 small arepas



1 cup of Pan white Corn Flour* (twicel cooked corn-meal flour)



1 cup of water



1 pinch of salt



Optional: half a cup of cheddar or mozzarella (ideal) grated cheese

*This is a specific type of Corn Flour that needs to be used. If you cannot source this locally, you can buy it online via the [link](#).



Arepas flavours

Just like a sandwich, you can fill an arepa with whichever filling you like.

Cut your arepa in two, through the middle so you have a circular top and bottom and then fill with your favourite filling!

Try:

- Chicken and avocado
- Beef
- Black bean and cheese Tuna



Method

1



Add all the ingredients into a mixing bowl and using your hands, mix together thoroughly to make a soft dough. Cheese is optional!

2



Take a small piece from the dough and make a small ball

3



Flatten the ball so it's now in a flat circle shape

4



Use a non-stick pan or add a bit of oil to the bottom of a frypan, fry both sides of the arepa until it is slightly browned

5



Add cheese or butter to the top if you wish

6



Eat and enjoy!



Watch the cooking video here:



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