

## Arepas



### Makes:

8 flatbreads, 1 per serving

### Utensil:

Flatbread Pan  
medium mixing bowl

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### Recipe Description:

Arepas are a type of flatbread made with precooked corn flour and are eaten daily in Venezuela and Columbia. Recipes vary in different regions; Columbian arepas are generally thinner while Venezuelan arepas tend to be thicker. Precooked corn flour, harina precocida or masarepa, can be found in grocery stores or Latin specialty stores.

2

cups  
water, warm  
(475  
mL)

4

tablespoons  
non-hydrogenated vegetable shortening  
(52  
g)

1

teaspoon  
natural salt

(6  
g)  
2

cups  
precooked maize flour (maseca)  
(240  
g)

### **Directions:**

1. Place warm water, vegetable shortening and salt in mixing bowl and stir to combine.
2. Slowly add maize flour, while stirring, until all of the flour is combined and there are no lumps.
3. Cover bowl with clean kitchen towel and let rest for 10 minutes.
4. Place dough on a clean work surface and divide into 8 even pieces.
5. With your fingers and the palms of your hands gently pat each ball of dough into a 4" x ½" round. If the dough is cracking around the edges, lightly moisten your fingers with a little water. Place dough rounds on a sheet pan until ready to cook.
6. Preheat pan over medium-low heat until several drops of water sprinkled on pan skitter and dissipate, approximately 8 minutes.
7. Carefully transfer dough to pan and cook 6 - 8 minutes on each side. The arepa is done when crispy on the outside. Pick up arepa and gently tap center; it should have a hollow sound. Split arepas open with a serrated knife. The inside of the warm arepa should be slightly sticky with bits of dough that stick to the knife.
8. Serve arepas warm with butter or split open and fill with your choice of fillings.

### **Tips:**

- Arepas can be filled with a wide variety of ingredients: shredded steak in sofrito sauce, shredded chicken in spicy barbecue sauce, pulled pork, shredded cheese, seasoned black beans, tomato, cilantro, plantains, avocado or whatever you like.
- Leftover arepas can be stored in a sealed bag.
- To reheat arepas, wrap in foil and warm in a 350°F/177°C oven.
- If arepas are too thin to split open, use two arepas with sandwich fillings in-between.

**Calories:**

165

**Total Fat:**

7g

**Saturated Fat:**

2g

**Cholesterol:**

0mg

**Sodium:**

293mg

**Total Carbs:**

23g

**Dietary Fiber:**

2g

**Sugar:**

1g

**Protein:**

3g