



“I love making Arepa Venezolana because they are easy and quick to prepare, they are delicious and they make me feel identified as Venezuelan.”

## INGREDIENTS

**1 1/2** cups masarepa  
(corn meal)

**1 1/2** cups water  
(may need more as necessary)

**1** tsp vegetable oil

Salt

**2** tsp butter

**Your choice of fillings:**  
cheese, beans, chicken,  
cilantro, etc.

# AREPA VENEZOLANA

## INSTRUCTIONS

Preheat oven to **325° F**.

Combine **masarepa**, **1 cup water** and **1 teaspoon vegetable oil** in a medium bowl and knead with hands until dough is formed. Take a small amount and flatten it between your palms. If the edges crack, knead in more water a tablespoon at a time until dough is smooth. Season dough to taste with salt, then cover and set aside for **five minutes**.

Divide dough into four even pieces and roll into balls. Flatten each ball down to about **four inches** a round and **1/2 inch thick**.

Melt butter in a 12-inch cast iron or non-stick skillet over **medium-low heat**. Add dough and cook about **five minutes**, moving them around the pan and rotating them occasionally, until first side is charred in spots and a dry crust has formed. Flip and cook on second side until a dry crust has formed; about **five minutes longer**. Transfer to a baking sheet and bake until cooked through, about **10 minutes**. Remove from oven, let rest **five minutes**.

Fill with your favorite fillings – chicken, peppers, onions – and serve.