

Arepa

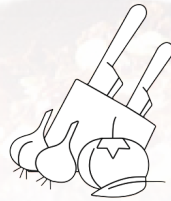
(Cornmeal Bread)

Prep Time: 45 minutes

Cook Time: 15 minutes

Servings: 20

Fun Fact: One of the most popular foods in Colombia, this cornmeal bread is often served with butter or a creole salsa.



Ingredients

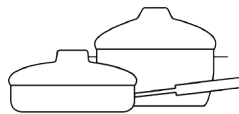
2 1/2 cups of masarepa cornmeal (found in most Latin markets)

1 teaspoon of salt

3 cups of hot water

2 tablespoons of melted butter

Vegetable oil



Directions

1. Stir salt into flour.
2. Pour 3 cups of hot water over flour and mix well.
3. Stir in the melted butter.
4. Cover dough and let it rest for 15 minutes.
5. Divide the dough into 20 balls.
6. Flatten between your palms, pressing to form a 1/4-inch-thick patty (approximately 2 1/2 inches wide).
7. Transfer to a wax-paper-lined surface or cookie tray.
8. Heat 1/2 tablespoon of butter or oil in a skillet over medium heat until it simmers.
9. Place several arepas in the pan, leaving room to turn them.
10. Cook for about 5 minutes on each side, until golden.
11. Drain on paper towels and serve hot.