

Venezuelan Arepas

by Maria Morera Johnson

Makes 6 servings

Ingredients

- 2 cups pre-cooked white cornmeal (try the international aisle)
- 2 cups warm water
- 1 teaspoon salt
- 1 tablespoon vegetable oil (plus more for cooking)

Making the Dough

Mix warm water and salt until dissolved in a large bowl.

Gradually add the cornmeal while stirring with your hand or a wooden spoon to avoid lumps.

Knead it with your hands for about 3-5 minutes until you get a smooth soft dough. Cover and let the dough rest for about 5 minutes.



Shaping the Arepas

Divide the dough into 6 equal portions.

Roll each portion into a ball and gently pat it flat (about ½ to ¾ inch thick) — somewhere between the size of a slider and a regular hamburger bun.

Cooking the Arepas

Heat a non-stick or cast-iron skillet over medium heat and add a little oil.

Cook the arepas for about 5-7 minutes per side until crispy.

Place in a 350°F (175°C) for 10 minutes to bake through while you prep your stuffing.



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