



*Arepittas'
recipes book*



Arepittas is a traditional Venezuelan food restaurant, currently focused on some of the products that identify years of evolution and mixing of different cultures. This mixture of cultures from Europe, Africa and the different ethnic groups originating in Venezuela, gave rise to a vast and varied diversification of traditional foods.

This variety is identified by the use of natural products, adapted to different ecosystems, different climates and different palates as a concept of homemade food, trying to keep as close as possible, the traditional recipes of our grandmothers, whose fundamental value was: "Keeping our families healthy and happy."

This is a map of our heritage



Europe

Spain that conquered us with all its culture and then different countries that emigrated.



Africa

This continent gave us its joy, its dances, its beautiful color and some ingredients that fertilized our land.



America

This fertile land and its people, received the seed of other cultures and amalgamated a culture of its own, as we know it today and that is constantly evolving.



Table of contents

01 *Appetizers*

Empanadas



02 *Main Dish*

Arepas



Table of contents

03 *Dessert*

Quesillo



04 *Cocktail*

Cañaveral



Empanadas

The empanada criolla is a corn dough wrapper with a filling that can be made of any edible ingredient and whose cooking is the result of frying in oil. It is assumed that the antiquity of the empanada is as remote as the bread, that the origin is located in Mesopotamia as supported by the oldest recipe book known and dating from 1700 before our era, deciphered by the archaeologist Jean Bottero.

In the case of Venezuela, it is assumed that the empanadas were brought by Spanish colonizers to the eastern coasts from the middle of the 16th century and from there they spread throughout the territory. In the 19th century, the consumption of empanadas was part of the gastronomic culture of the Venezuelan.



Empanadas



Ingredients

- 1 ¼ cups water
- 1 cups P.A.N.
- 1/4 teaspoon sugar
- 1/4 teaspoon salt
- Vegetable oil

Preparation

- Pour water into a container. Add sugar, salt and the corn meal gradually.
- Knead until a smooth dough is formed and let rest for 5 minutes.
- Separate dough into 4 portions. On a flat surface, we are going to place a rectangular piece of plastic wrap, place a little oil, then place one of the reserved balls, flatten and with the help of our hands, give it a circular shape.
- Add the selected filling on one side, then fold in half and with the help of a plate or bowl, perfect the edges. In a pan or pot with hot oil, fry the empanadas until they turn golden brown.

Empanadas' Vegetarian Fillings



Domino

Eggplant



Empanadas' Omnivore Fillings



Ground Beef

Cheese



Arepas

It is a food of pre-Columbian origin from Venezuela, made from ground dry corn dough or precooked corn flour, circular and flattened. It is consumed in a traditional way in the gastronomies of Venezuela.

Some scholars of the language indicate that the word arepa comes from the indigenous word "erepa", which the Cumanagotos tribe of the Caribes that inhabited the northeastern region of Venezuela used to name corn, a basic ingredient in the preparation of this food.

According to another version, the word arepa could come from "aripo", a kind of slightly curved plate, made of clay, used by the indigenous people for cooking corn flour dough.

For us the Arepa is **“The queen of Venezuelan gastronomy”**.



Arepas



Ingredients

- 1 ¼ cups water
- 1 cups P.A.N.
- 1/4 teaspoon salt
- Vegetable oil

Preparation

- Pour water into a container. Add salt and the corn meal gradually.
- Knead until a smooth dough is formed and let rest for 5 minutes.
- Separate dough into 4 portions. Take 1 portion and your hands and shape it into a ball, then press it with your palm to form a large patty shape of about 3 ½ inch in diameter.
- Place onto a griddle or frying pan over medium heat for 5 minutes on each side. Brown on both sides and serve hot. Open the arepa and fill it to taste.

Arepas' Vegetarian Fillings



*Vegan Chorizo and
Cheese*

Eggplant Pepeada



Arepas' Omnivore Fillings



Reina Pepeada

Rumbera



Quesillo

When it comes to Venezuelan desserts, you don't have to go very far for someone to mention the quesillo, a delicious typical dessert and perhaps one of the best known, which cannot be missed on a birthday. Although it is common for birthday festivities to be accompanied by a rich cake and red jelly, many enjoy the quesillo alone after lunch with a good black coffee.

The quesillo owes its name to the holes so particular that they resemble a Swiss cheese. It is the Creole version of flan, but it differs because of its texture and because both the white and the yolk of the egg are added. It is said that its origin is Canarian, a dessert known in the Canary Islands as egg flan, and it was prepared with milk and sugar and not with condensed milk, since this was not invented until the beginning of the 19th century. In the Venezuelan version, the recipe was changed from egg yolks to whole eggs and the quantity was reduced. Don Armando Scannone, "The Pleasure of eating", had the following assessment:

"Few ingredients are enough to make these two basic desserts. The flan is the best known in the world, while the quesillo is a Venezuelan version".



Ingredients

Caramel

- 2 tablespoons of sugar
- 1 1/2 tablespoons of water

Quesillo

- 1/3 cup + 2 tablespoons liquid milk
- 1 egg
- 2 tablespoons of sugar
- 1/2 teaspoon vanilla extract

Preparation

- **Caramel:** In a large coffee cup, prepare the caramel by mixing the sugar with the water. Heat it for 1 minute in the microwave (it can be longer depending on the power of the microwave). Very carefully, remove the mug from the microwave and, without burning yourself, spread the caramel on the sides of the mug
- **Quesillo:** In another cup or container, prepare the flan by mixing the milk, egg, sugar and vanilla. Stir very well. Pour the flan mixture into the cup where the caramel is and take it back to the microwave for 1 minute. At the end of the time, add an additional 30 seconds. Remove from microwave and let cool. You can eat it straight from the cup or unmold it on a dessert plate.

Quesillo



Cañaveral

According to Amodio (2010), the economic and social history of Venezuela during the colonial era and until the entire nineteenth century, has been marked by two agricultural products, the first, sugar cane, arrived from Europe (although it is native to New Guinea) and the second local, cocoa.

Maracuya or Passion Fruit (known in Venezuela as "Parchita") is native to South America's Amazon Rainforest where they have been cultivated for centuries.

Cañaveral, is a mixture that combines product, work and flavors of our land, so this cocktail is the perfect harmony between the character and strength of Venezuelan rum, the sweetness of the "Papelon" and the citrus of the "Parchita".



Cañaveral

Ingredients

- 1 Oz Papelon Syrup
- 2 Oz Rum
- 2 Oz Parchita Juice

Preparation

- In a shaker pour 1 Oz of the Papelon syrup, 2 Oz of Rum and then add ice. Shake well.
- Place a tall glass and pour the contents of the shaker, complete with ice, if necessary, up to the top.
- Fill with 2 Oz of the "Parchita" juice and garnish, with an orange or lemon slice, or you can place a sugar crusta with the "Papelon" syrup around the rim of the glass (previously)



