

# Columbian Arepa

*-a favourite recipe by Maria from Youth & Children Coordinator*



Colombian Arepa this typically from the prairie regions of Colombia near Venezuela. In Colombia there are different types of arepas but this recipe is from my city Villavicencio, Colombia.

What I love about this typical food is that there are many ways you can eat the arepa, per example for your breakfast with a latte or hot chocolate (brand Abuelita); this is my favourite. You can also eat it with chicken or soup.

Ok, enough intro let's get our hand into the flour!

## Ingredients:

- Corn Flour by brand P.A.N
- Mozzarella Cheese
- Milk 3% or lactose free
- Salt



## Preparation

To mix:

- 1/2 lb of corn flour (or half of the bag)
- Start with 250ml of lukewarm milk (after add as needed) until creating a homogeneous texture
- Add salt to taste

Process:

- Mix the ingredients with your clean hands
- Make sure the mixing has a homogeneous texture that you can make little solid balls
- The balls can be big enough for the cheesy filling
- once the ball is made, use your thumb to create a little hole
- You will fill the hole with a little amount of cheese
- Close the hole and create the sphere again
- Softly flatten the ball without letting the cheese come out
- Heat the pan and add a soup spoon of olive oil
- Place the arepa and let it grill on medium low heat
- Let it grill until golden crispy look then flip