



## Colombian recipe: Arepas de Queso (Cheese Arepas)

### Ingredients:

- 1 cup pre-cooked white or yellow arepa flour or cornmeal
- (Harina P.A.N, can be found in the international isles at the supermarket)
- 1 cup warm water
- $\frac{1}{3}$  cup white or mozzarella cheese grated
- 1 tbsp butter (optional)
- Pinch salt

### Instructions:

- Combine the cornmeal, warm water, cheese, 1 tbsp butter and salt, mixing thoroughly.
- Let mixture stand for five minutes. Do a salsa dance while waiting.
- Knead with your hands for about 3 minutes moistening your hands with water as you work.
- Form 4 small balls with the dough. with your hands flat the balls to  $\frac{1}{2}$  inch.
- Add the butter to a nonstick pan over medium heat. Place the arepas in the pan, and cook about 3 minutes on each side, until a crust forms or they are golden brown.
- Yummy! Delicious! with some hot chocolate and add some small pieces of cheese/mozzarella to the hot chocolate!