

FOOD FROM OUR HOMELAND

Arepas

Recipe supplied by Gloria Cisneros de Pares

ingredients

2 1/2 cups of water plus more as necessary

2 cups of corn flour "Harina Pan" (it must be this brand, that can be bought in Gaganis)

1 teaspoon of salt

1 tablespoon of butter

FILLING (chicken)

1 chicken breast

Pinch of salt

1 clove

1 red onion

1 brown onion

1 red capsicum

4 fresh avocados

½ bunch of coriander chopped to taste

Salt and pepper to taste

1/2 cup of mayonnaise

directions

- Preheat oven to 180 degrees.
- Add flour and salt to the water slowly, stirring until an even texture is achieved.
- Leave it to rest for a few minutes.
- Divide the mixture into 8 balls and flatten each ball with your hands (like clapping).
- Once the arepas are flattened, melt the butter in frying pan and place arepas into a hot frying pan.
- Flip arepas from one side to another once cooked.
- Then place them in the pre-heated (180 degrees) oven on a tray for about 15 to 20 minutes.
- You will know they are ready when you tap them and they sound a bit like a drum.

Preparing chicken

- Before making Arepas boil chicken breast with quartered brown onion, chopped garlic, chopped capsicum and salt until cooked (approximately 15 minutes). Remove from the water and let cool down.
- While Arepas are in the oven and chicken is cold to the touch, shred it.
- Dice red onion finely, mash the avocados.

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