

Origin



Colombia Venezuela

Prep Time



1 Hour

Serves



6 people

Utensils



Food

Arepas for your home Party

4 types of arepas / 6 basic ingredients (GF)

Arepas are a staple food from Colombia and Venezuela of Pre-Columbian origin. They are flat cakes made from cornmeal cooked in a frying pan. Arepas can be filled or topped with a variety of fresh and cooked vegetarian and/or meaty ingredients and sauces. Depending on the type of corn used, arepas can be yellow, white or anything in between and produce different textures. Some recipes include cheese as part of the dough.

Chefs Lina and Camilo show the versatility of the arepas. They are using six basic ingredients mixed in different ways and four types of ready-to-use arepas, which you can purchase at selected shops. Impress your guests with this natural gluten-free-food!

Lina and Camilo : Antojos
Instagram@arepasaustralia



(GF) = gluten free; (V) = vegetarian; (VEG) = vegan

Arepas INSTRUCTIONS

Arepa-pizza with white arepa (GF)

- 1 Take the cooked arepa (follow pack instructions), place on the tray and spread with butter
- 2 In a bowl, mix cheese, pineapple and shredded chicken with a pinch of salt
- 3 Spread the mix on top of the arepas and sprinkle with oregano
- 4 Place in the preheated oven 180° C for 5 minutes or until cheese has melted

Vegan arepa with avocado & spinach (V) (VEG) (GF)

- 1 Take the sweet corn cooked arepa (follow pack instructions) and spread with vegan margarine or oil
- 2 Mash avocado and add chopped spinach and salt
- 3 Spread on top of the arepa

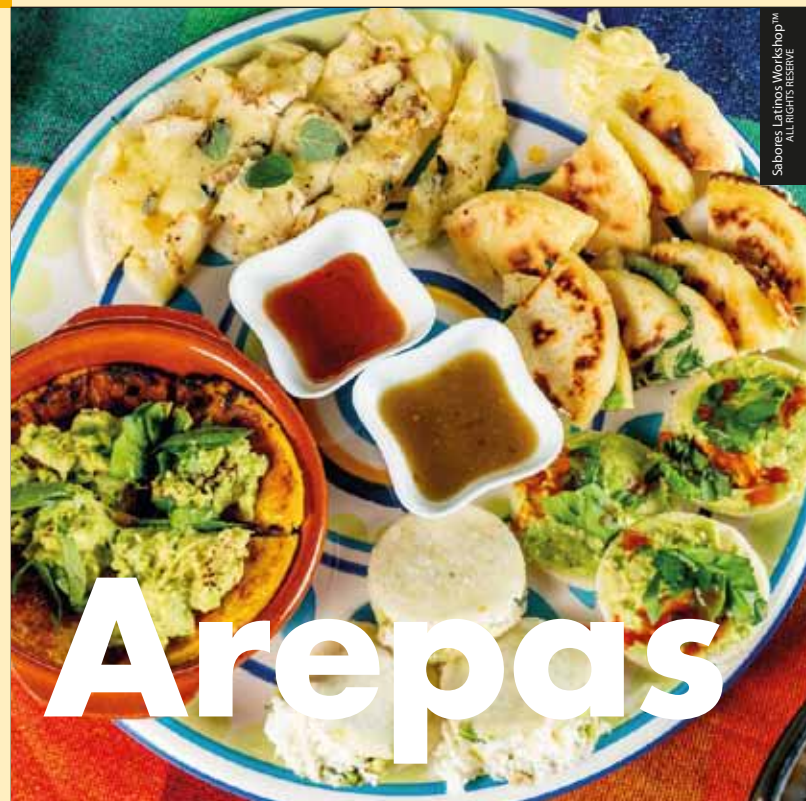
Arepas INGREDIENTS

Arepa frozen packs:

- 1 white arepa
- 1 arepa sweet corn
- 1 arepa cheese flat
- 1 mini arepa

Fillings and toppings:

- 500 g of cooked chicken
- 2 avocados
- 100 g fresh baby spinach, chopped
- 200 g of mozzarella cheese, shredded
- 200 g pecorino or fresh cheese, shredded
- pineapple conserve in jar
- oregano / butter / salt to taste / Tasmanian pepper



Arepas

Find us @ Sabores Latinos Workshop



<https://youtu.be/tW5h7jcz9E8>

Government:

FRANKSTON
ARTS
CENTRE



Premier
and Cabinet

Organisations:



Business:





Arepas INGREDIENTS

Sauces for the side:

- 1 jar green salsa (tangy sauce for cooking or topping)
- 1 jar of Cholula (chilli-based hot sauce)

Note your own arepa sauce ingredients:

Arepas INSTRUCTIONS

Filled with cheese arepa (GF)

- 1 Take the cooked arepa (follow packet instructions) and cut across it
- 2 Mash avocado and add chicken and salt
- 3 Fill cut arepas with spinach and the mixture of chicken and avocado
- 4 ...or serve cheese arepa spread with butter

Mini arepa filled (GF)

- 1 Take the cooked arepa (follow packet instructions) and cut across it
- 2 Mash avocado and add chicken and salt
- 3 Fill arepa with cheese and the mixture of chicken and avocado



Arepas

All crockery and table sets available at:
Casa Bonita Lifestyle

casabonita.com.au

All ingredients in these recipes available at:
Casa Iberica Deli Fitzroy or Casa Iberica Deli Alphington:
Staff are very friendly and knowledgeable

casaibericadeli.com.au

All frozen arepas in these recipes available at:
Antojos, arepas Australia
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