

# HOW TO MAKE VENEZUELAN AREPAS

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Prep time: 15 mins  
Cook time: 14 mins  
Total time: 29 mins

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Servings: 4

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Learn how to make Venezuelan arepas. They're so yummy and easy to make! Fill them with chicken salad, cheese, beef, eggs, etc.

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Ingredients:

2 cups of water  
1 teaspoon of salt  
1 1/2 cups Harina P.A.N. (pre-cooked white corn flour)  
1 teaspoon corn oil

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Instructions:

1. In a medium sized bowl, add water and salt. Keeping mixing these two ingredients until the salt is dissolved.
2. Slowly add the harina P.A.N. \* into the bowl. Mix it with your hands and make circular movements to get rid of any lumps.
3. Let it rest for 5 minutes to thicken.
4. Preheat a non-stick 11-inch square griddle over medium heat.
5. After the harina P.A.N. has thickened, add the oil to the dough and work it in with your hands for 2 minutes. The dough should be thick enough to holds its shape. If it's too soft, add a little more harina P.A.N. If it's too hard, add a little more water.
6. Form balls and flatten them gently until they're about 1/2-inch thick discs.

\*Harina P.A.N. is pre-cooked white corn meal flour

7. Place the discs on the preheated griddle and cook the arepas for 5-7 minutes on EACH side or until lightly golden brown.
8. Split each arepas in half and fill them with whatever you like!
9. ENJOY!



Pictured: Megamart Manager Carlos

You can find Harina P.A.N.  
at MegaMart Latino  
SuperMarket (aisle 13) here  
at Takoma/Langley  
Crossroads!  
1101 University Blvd E,  
Takoma Park, MD 20912  
Open everyday from 8 am -  
9 pm



Fun Fact: You can find frozen pre-made arepas  
in aisle 6.

We hoped you found this recipe useful. What  
would you like to see next? Let us know at  
[jrivera@takomalangleycrossroads.org](mailto:jrivera@takomalangleycrossroads.org)