

Arepa

Learn to make authentic Venezuelan arepas - crispy corn cakes that are naturally gluten-free. Perfect for stuffing with your favorite fillings!

10	10	20	8	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Arepa

Malzemeler

- 2 cup water
- 1 tsp rock salt
- 8 cup cornmeal
- 1 cup sunflower oil

Yap?l???

- 1 Prepare the Dough**

Combine 8 cups warm water with 1 teaspoon salt in a large mixing bowl, stirring until the salt completely dissolves.
- 2** Gradually add 2 cups masarepa flour while mixing with your fingertips to prevent lumps from forming.
- 3** Knead the mixture for 2-3 minutes until you have a smooth, pliable dough that feels moist but doesn't stick to your hands.
- 4** Cover the dough with a damp kitchen towel and let rest for 5 minutes to allow the flour to fully hydrate.
- 5 Shape the Arepas**

Divide the dough into 8 equal portions and roll each into a smooth ball using your palms.
- 6** Flatten each ball between your palms to form discs about 4 inches (10 cm) in diameter and ½ inch (1.3 cm) thick, smoothing any cracks around the edges with your fingers.
- 7 Cook on the Griddle**

Preheat oven to 400°F (200°C) and heat a non-stick pan or griddle over medium-high heat.
- 8** Add 1 cup oil to lightly coat the pan surface, then cook the arepas for 2-3 minutes on each side until they develop a golden-brown crust and sound hollow when tapped.
- 9 Finish in the Oven**

Transfer the seared arepas to a parchment-lined baking sheet and bake for 15-18 minutes until they are puffed and sound hollow when tapped.
- 10 Cool and Serve**

Remove from oven and let cool for 5-10 minutes to allow the interior to finish cooking and set.
- 11** Slice each arepa horizontally about halfway through with a sharp knife to create a pocket for stuffing, then fill with your desired ingredients and serve immediately.

?puçlar?

Let the dough rest for 5 minutes after mixing - this allows the corn flour to fully hydrate and makes shaping easier.

Keep your hands slightly damp when shaping arepas to prevent the dough from sticking and to smooth out any small cracks.

Don't skip the griddle step - creating a crust first prevents the arepas from drying out in the oven and ensures the perfect texture.

Allow arepas to cool for 5-10 minutes before slicing open. This prevents the interior from being gummy and ensures they're fully cooked through.

Store leftover arepas in airtight containers and reheat in the oven rather than the microwave for the best texture.

If your dough feels too sticky, add a tablespoon of masarepa at a time. If it's too dry and cracking, add water gradually.

For extra flavor, try adding a tablespoon of olive oil or melted butter to the dough, or season with garlic powder or herbs.

Test oil temperature by dropping a small piece of dough - it should sizzle gently, not aggressively, to ensure even cooking.