



Juana[®]



Venezuelan Arepa

GLUTEN FREE

Ingredients:

- 2 cups of Juana[®] corn meal
- 2 1/4 cups of water
- 1 teaspoon of salt

Preparation:

1. Measure the water and pour it into a bowl. Add the salt and stir until fully dissolved.
2. Gradually add Juana[®] precooked corn flour while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces (85 g) each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches (10.2 cm) in diameter and 1 inch (2.5 cm) thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.
6. Slice each arepa horizontally halfway through and fill with the stew or filling of your choice.

Makes: 10 servings