

AREPAS

Equipment needed –

Large bowl, measuring spoons (tablespoon), electric scales, measuring jug, wooden spoon, char grill, baking trays, baking paper and 3 serving platters.

Ingredients from the Pantry –

- 750 grams of Masa harina
- 6 tablespoons of sunflower oil
- 3 Pinches of salt

What to do –

1. Preheat the oven to 220°C.
2. Measure out 750 grams of masa harina using electric scales and place in a large bowl.
3. Measure out 6 tablespoons of sunflower oil and add to the bowl of masa harina, and add 3 pinches of salt.
4. Measure out 825 ml of water into a measuring jug and add to the bowl with the masa harina. Mix together to form a smooth, pliable dough.
5. Divide the dough into 28 small balls. Flatten each ball out into a disc about 1 cm thick. Place the disks onto a tray covered in baking paper.
6. Heat the chargrill over a medium high heat, then cook the arepas for 4-5 minutes on each side until chargrilled. Place the chargrilled arepas on a baking tray then bake for 20 minutes or until cooked through.
7. Arrange the arepas on 3 serving platters to serve.

Serves –

- 28 students.