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Arepa con queso Boyacense



Ingredients

- 2 cups yellow precooked cornmeal (masarepa)
- 5 tbsp flour
- 1 ½ cups hot water
- ½ cup milk
- ¼ tsp salt
- 2 tsp sugar
- 3 tbsp soft butter
- 2 cups of queso fresco (Colombian quesito or farmer cheese, crumbled)

In a medium bowl mix the masarepa, flour, water, milk, salt, sugar, and butter. Knead with your hands for about 3 minutes moistening your hands with water as you work.

Form 12 small balls with the dough. Place each ball between 2 plastic bags or parchment paper, and with a flat pot cover, flatten to about 0,125-inch thickness.

Place cheese into the centre of half the masa circles and top them with another masa circle of dough. Using your fingers, seal the edges around the arepas, which will prevent the cheese from spilling out.

Add the butter to a nonstick pan over medium heat. Place the arepas in the pan and cook about 3 minutes on each side, until a crust forms or until they are golden brown. Serve immediately.

I recommend the Colombian oatmeal drink 'Avena Colombiana' with this dish.



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My tip

And if you can't get enough, I recommend the following dishes:

Soup for breakfast 'Caldo de costilla'

Soup for lunch 'Ajiaco'

Main course 'Bandeja Paisa'

Hot drink 'Aromática de frutas', very easy to prepare, strawberries (and other red fruits) are boiled in water with mint. Enjoy.

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