



# Arepas



## Ingredients

- 2 cups masarepa, or pre-cooked cornmeal
- 1 tsp salt
- 2½ cups water (room temperature)
- 2 tsp extra virgin olive oil

## Instructions

Stir together masarepa, salt, and water. Allow to sit for 5 minutes. The mixture will form a dough as it sits. Wet hands and knead the dough until smooth. Divide into 8 balls.

Heat oil in a skillet or on a large griddle. Flatten each dough ball to about 1/2" thick discs. Cook each disc, flipping once, until golden brown on each side (about 7 minutes). Repeat until all discs are cooked through.



# *Arepa de domino*

## **Ingredients**

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp extra virgin olive oil
- 1 can black beans
- 1 tsp salt
- ½ tsp cumin
- Queso fresco, shredded

## **Instructions**

Heat oil over medium-high heat in a large pan. Add the onion and garlic and cook 2-3 minutes. Add the can of black beans, undrained. Add salt and cumin. Stir. Bring to a boil and reduce heat. Simmer for 5 minutes.

Cut open an arepa and top with black beans and shredded queso fresco.





# Pabellon Criollo



## Ingredients

- 1½ pounds flank steak
- 1 onion, diced
- 2 beef bouillon cubes or packets
- 4 cups water
- 2 cups uncooked rice
- 1 can black beans
- 2 cloves garlic, minced
- 1 tsp cumin
- 2 tsp extra virgin olive oil
- 1 can diced tomatoes, drained

## Instructions

Combine flank steak, onion, bouillon, and water in pot. The water should cover the flank steak; add more if necessary. Cover and bring to a boil. Reduce heat and simmer for 90 minutes, or until the meat is tender and cooked through. Remove the pot from heat and set aside.

Prepare rice according to directions. Fry garlic in olive oil over medium-high heat for 1-2 minutes. Add the can of black beans, undrained. Add cumin and salt to taste. Bring to a boil. Reduce heat and simmer for 5 minutes.

Shred the flank steak. In a large skillet, add the diced tomatoes and flank steak and cook together. Add liquid from the flank steak as needed. Simmer together for 5 minutes.

To serve: Add rice to one third of the plate, meat to the other third, and beans to the last third. Top with a fried egg or fried plantains (or both).





# *Paledonias*



*(Venezuelan cookies)*

## **Ingredients**

- 2 cups water
- 2½ cups brown sugar
- 6 cloves, ground or 1 ½t allspice
- 2 eggs
- 10 tbsp butter
- 2 tsbp baking soda
- 2 cups all-purpose wheat flour

## **Instructions**

Preheat oven to 350°F. Line baking sheets with parchment paper.

In a small saucepan, stir water, brown sugar, and cloves over low heat to make a syrup. When thick, remove from heat and let cool.

In a mixing bowl, beat the eggs and butter. Add the baking soda and syrup and mix well. Add the flour a little at a time, mixing well. If the dough is loose, sprinkle more flour until it is compact and manageable.

Roll dough into a long tube, about 1” thick. Cut the dough into 1.5” thick pieces. Place on a baking sheet and bake for 15 minutes.

