

Arepas

Ingredients

- 1 1/2 cups warm water
- 1 cup Harina P.A.N. (pre-cooked cornmeal flour found in the ethnic isle at most grocery stores. Other brands or instant polenta work too, but this is our favorite one)
- 1/3 cup toasted sesame seeds
- 2 tablespoons chia seeds
- 2 tablespoons ground flaxseeds
- 1/2 teaspoon salt
- 1 tablespoon canola oil



Directions

1. Preheat the oven to 400°F.
2. Pour the warm water into a bowl. Add the flour, sesame seeds, chia seeds, flaxseeds, and salt. Stir gently to combine. Let it soak for about 1 to 2 minutes.
3. Knead by hand until a smooth dough is formed (when there are no lumps left).
4. Divide the dough into balls, then shape each ball into a thin patty of about 1 cm. Similar to the shape and consistency of burger patties.
5. Heat non-stick skillet over medium heat, Place the arepas onto the pan over medium heat until it's light golden brown and a thin crust has formed, about 5 minutes per side. Flip the arepas with a spatula and cook on both sides.
6. When all arepas have formed a crust, transfer the oven and bake until cooked through and no longer doughy inside, about 10-15 minutes.

