

Latin American Cooking Class

Arepas Colombianas/Venezolanas

Ingredients for 6 PCs

- 3 Cups (300g) pre-cooked cornmeal
- 3,5 Cups (590ml) warm water (you may need more if you're making the arepas in a hot kitchen)
- Pinch Salt
- 12-15 ham Slices
- 1,5 Cups (150g) shredded mozzarella cheese
- 1-2 tbsp Sunfloweroil for cooking



1. Place the cornmeal in a large bowl and slowly add the warm water. Season with the salt and knead the dough until its smooth. If you notice that the dough is still dry, add more warm water little by little until you get a smooth texture.
2. Divide the dough into 6 big pieces. Shape each piece into a big ball and then flatten it with your hands to form a disc that is about 1,25cm (0,5 inch) thick. If you get any cracks around the border, you can flatten and seal them with your fingertips.
3. Put the oil in a large pan and wipe the oil with a bit kitchen paper to ensure a very thin oillayer. Keep the stove over medium high heat and grill the arepas for about 5-7 min per side. Remove them from the pan and let them cool for a bit.
4. Cut the arepas in half with a serrated knife making sure not to cut them all the way trough. Place 2 Slices of ham inside of each arepa with 2 Slices of mozzarella cheese.
5. Lower the heat to medium, place the arepas back on the pan and cook until the cheese starts to melt. Serve immediately.



Latin American Cooking Class

Méxican Chilaquiles

Ingredients for 6 pers

- 10 Corn Tortillas
- 10 green Chillis
- 2 medium sized Tomatos
- 1 glove of garlic
- ¼ onion
- Oliveoil upon need
- salt, pepper upon need

1. Take a pot and boil the chillies together with the tomatos in water.
2. Fry the Tortillas in a pan until they are golden and crispy.
3. After the chillis and tomatos are boiled, mix them in a juicer together with the onion, garlic, salt and pepper.
4. Take out the Tortillas from the pan and decorate them nicely on a large plate.
5. Spread the Tomato Sauce over the tortillas.
6. Sprinkle the cheese over the Tortillas with Tomato Sauce so they can melt. Serve immediately.

