

Arepas

Season: Any

Type: Columbian Bread

Difficulty: 

Serves: 4

Equipment: Large bowl Measuring cups Non-stick frying pan	Ingredients: 1 cup semolina 1/3 cup cornflour 1 Tbsp caster sugar
---	---

Method:

- Combine semolina, cornflour, sugar and 1 tsp salt in a bowl.
- Add ½ cup cold water.
- Stir until mixture forms a thick paste.
- Turn onto a lightly floured surface and knead to a smooth dough.
- Divide dough into 8 portions.
- Heat a large non-stick frying pan over medium heat.
- Using wet hands, form each dough portion into a thin disc.
- Cook arepas for 3 minutes each side or until golden.
- Transfer to a plate.
- Keep warm.