



## Arepa from Santander

### Ingredients:

- 2 cups of **Juana®** corn meal
- 5 teaspoons of **Selecta®** all purpose flour
- $\frac{3}{4}$  cup of hot water
- $\frac{1}{2}$  cup of milk
- $\frac{1}{2}$  teaspoon of salt
- 2 tablespoons of sugar
- 3 tablespoons of room temperature butter
- 7 ounces of grated Colombian cheese
- Butter to cook arepas

### Preparation:

1. In a medium bowl, mix the **Juana®** corn flour, **Selecta®** all-purpose flour, hot water, milk, salt, sugar, and butter.
2. Knead with your hands for about 3 minutes. If desired, you can moisten your hands with water to make kneading easier. Divide the dough into 24 equal portions and form small balls.
3. Take one ball of dough and flatten it with your hands to form a thin arepa. Place a portion of cheese in the center and set aside.
4. Take another ball of dough, flatten it, and place it on top of the arepa with cheese. Seal the edges well to prevent the cheese from spilling during cooking.
5. In a non-stick skillet over medium heat, add a bit of butter and place the arepas. Cook for 3 minutes on each side, or until a golden crust forms.
6. Serve immediately to enjoy the best flavor and texture.

**Makes:** 12 arepas