

Arepas

Learn to make authentic Venezuelan and Colombian arepas with crispy exteriors and fluffy interiors. Simple cornmeal recipe perfect for any filling.

10 min

PREP

10 min

COOK

20 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Arepas

Ingredients

- 2 cup water
- 1 tsp rock salt
- 8 cup cornmeal
- 1 cup sunflower oil

Instructions

- 1 Prepare the dough**

Dissolve 1 teaspoon salt in 2 cups warm water in a large mixing bowl, stirring until completely dissolved.
- 2** Gradually add 2 cups masarepa flour while stirring constantly with your fingers, mixing until a smooth, soft dough forms with no lumps.
- 3** Cover the dough with a damp kitchen towel and let rest for 5 minutes to allow the flour to fully hydrate.
- 4 Shape the arepas**

Divide the dough into 8 equal portions and roll each into a smooth ball using your palms.
- 5** Flatten each ball between your palms into a disc about ½ inch thick and 4 inches in diameter, keeping the edges smooth.
- 6 Cook the arepas**

Preheat your oven to 180°C (350°F). Heat a large skillet or griddle over medium heat until hot but not smoking.
- 7** Cook the arepas for 7-8 minutes per side until golden brown and crispy on the surface with a firm crust.
- 8 Finish in oven**

Transfer the browned arepas to a parchment-lined baking sheet and bake for 15-18 minutes until they sound hollow when tapped.
- 9 Serve**

Cool for 5 minutes, then slice horizontally with a thin knife to create a pocket for fillings or serve whole as a side dish.

Tips

Keep your hands slightly damp when shaping arepas to prevent the dough from sticking and to smooth any small cracks that form around the edges.

Let the dough rest for 5-10 minutes after mixing to allow the masarepa to fully hydrate, which prevents cracking and creates a smoother texture.

Cook arepas on medium heat rather than high to ensure they cook through evenly without burning the exterior before the interior is done.

Test doneness by tapping the arepa - it should sound hollow when fully cooked through the center.

For extra crispy arepas, brush the exterior lightly with oil before the final pan-searing step.

Store leftover masarepa in an airtight container in a cool, dry place to prevent it from absorbing moisture and becoming lumpy.

Freeze uncooked shaped arepas on a baking sheet, then transfer to freezer bags once solid for quick future meals.

Split arepas carefully with a thin knife, working slowly around the circumference to create an even pocket for fillings.