

# Arepas

Yield: 4 Servings  
1 Lg or 3  
Portion size: Small Arepas

Chef Name: Catalina Carrion-Kozak

Amt	Unit (gm/oz)	Ingredient Name
1 ½	C	Masa Harina (MasaArepa)
1 ½	C	Water (Plus more for forming Arepas)
1	Tbl	Butter
1	tsp	Salt
	Pinch	Sugar
		Vegetable or Avocado Oil for frying

## PROCEDURES:

- Boil water and pour into medium sized bowl add butter to melt
- Slowly add Masa Harina to hot butter water, stir to incorporate.
- Masa dough should come together.
- Knead dough until it is moldable and can be rolled into a ball.
- Portion out dough to number of desired arepas (4 large or 6-8 smaller arepas).
- Heat large cast-iron or non-stick pan and add a little oil and swirl to coat.
- Cook arepas 2-3 minutes or until golden brown, don't let them touch
- Flip and cook other side until golden brown.
- Slice in half and enjoy as is or stuff with preferred filling or topping.







# Polish Beet Salad

Yield: 1 Serving

Portion size: \_\_\_\_\_

Chef Name: Catalina Carrion-Kozak

Amt	Unit (gm/oz)	Ingredient Name
3 or 4	ea	Red Beets (boiled until tender)
2	ea	Apples (Peeled)
5	tsp	Horseradish
4	Tbls	Lemon Juice
	Splash	Apple Cider Vinegar
	TT	Salt & Pepper

**PROCEDURES:**

Grate beets and apples into a small bowl.

Fold in horseradish, lemon juice, and apple cider vinegar.

Season to taste with salt & pepper.

Best if made at least 24 hours in advance.

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