South American Arepas



A pocket full of possibilities. Please don’t actually put it in your pocket.

Serves 4 · Prep: 25 minutes · cooking: about 25 minutes · resting: 5 minutes

The good stuff.

Ingredients

- 4 Yuca Bean Fiesta patties
- 2 cups precooked white cornmeal for arepas (masarepa, not ordinary cornmeal)
- 2 1/2 cups warm water, plus extra as needed
- 1/2 tsp salt
- 2 tbsp neutral oil, divided
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 cup tomato salsa
- 1 avocado, sliced
- 1 cup shredded cabbage
- 1 lime, cut into wedges

Cook with Yuca Bean Fiesta.
Made in Bolivia. Big veggie energy.

Apron on. Let’s cook.

1. Mix warm water and salt. Gradually stir in masarepa. Rest for 5 minutes, then knead briefly. The dough should be soft and hold together; add water 1 tbsp at a time if it cracks.
2. Divide into eight balls and flatten into discs about 1/2 inch thick.
3. Heat 1 tbsp oil in a covered nonstick skillet over medium-low heat. Cook arepas for 7–9 minutes per side, covering between turns, until golden and cooked through. Work in batches and add a little oil if needed.
4. Cook patties according to their package directions. Crumble, then heat briefly with remaining oil, cumin, paprika and salsa.
5. Let arepas cool just enough to handle. Split most of the way through and fill with crumble, avocado and cabbage. Serve with lime, two arepas per person.

The chef’s two cents.



Masarepa is the key. Ordinary cornmeal isn’t a last-minute understudy; it’s auditioning for a different show.

Peace. Love. Seconds, please.

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