

Let's make

# AREPAS

**INGREDIENTS:**

- 1 cup arepa harina (white corn flour)
- 1 cup feta cheese, shredded or crumbled
- 1 cup water, just off the boil



**INSTRUCTIONS:**

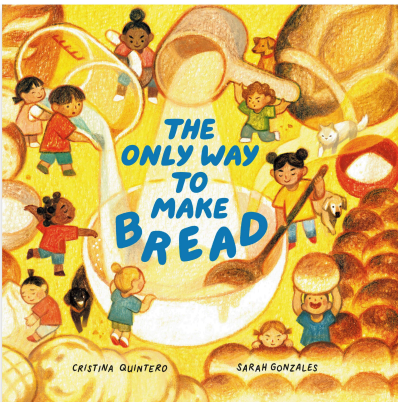
In a bowl, mix the arepa harina and feta cheese. Mix in the water in small amounts, until the dough has the texture of playdough; it shouldn't stick to your hands.

Take a piece of dough about the size of a donut hole and roll it so there are very few cracks. Then, flatten it so it is roughly the shape of a half-thick hockey puck. It doesn't have to be perfect to be delicious!



Cook the arepas in a frying pan or on a griddle over medium heat for 2-3 minutes on each side, until the arepas are light to medium brown.

When the arepas are done, you can put a little pat of butter on them, or eat them plain if you prefer. You can also serve them with Colombian cheesy hot chocolate, or top them with a fried egg, avocado, tomato and a pinch of salt and pepper if you like savory better. Either way, share with a friend for the best flavor!



**THE ONLY WAY TO MAKE BREAD**

written by Cristina Quintero  
illustrated by Sarah Gonzales

A delicious exploration of all kinds of breads, from sourdough to bannock to bao, that will tickle your taste buds and warm your heart.

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# BREADS!



Pandesal  
(or Pan de Sal)



Puri (or Poori)



Canadian  
Dinner Buns



Shokupan



Focaccia



Tô



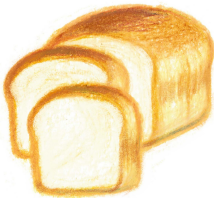
Bao (or Baozi)



Arepas



Campfire Bannock



Hardo (or Hard  
Dough) Bread



Banana  
Bread



Challah  
(or Challa/Hallah)

