

# Colombian Arepas

Makes up to 30 small ones

(Unleavened patty of maize meal)

## Ingredients

2 cups precooked white corn meal (Eg PAN from Casa Iberica)

2 cups warm water

2 cups shredded mozzarella cheese

2 Tablespoons of butter

1 teaspoon salt

## Method

1. Put the cornmeal, cheese, butter and salt into a bowl.
2. Add the warm water. You may need slightly more.
3. Mix together well to form a dough.
4. Divide the dough evenly between the children in the group.
5. Each student makes 5, 6 or 7 balls depending on total needed.
6. Balls can be flattened gently with hands, rolling pin or a tortilla maker.
7. Cook in a frypan or griddle until golden.
8. Eat them alone or add a topping. Today we will add our broad bean spread fresh from the garden.