

Ingredients:

- 2 cups warm water
- 1 tablespoon vegetable oil, plus more to fry arepas
- 1 teaspoon fine salt
- 2 cups Masa Harina (pre cooked corn flour)

Directions:

In a large bowl, stir together 2 cups warm water with 1 tablespoon vegetable oil and salt until salt dissolves.

To avoid lumps, mix continuously while gradually adding the masa harina. Continue to mix for one minute to give the masa harina a chance to absorb the liquid. The dough should hold together when pressed. If the dough is dry, add water, one tablespoon at a time.

Cover the bowl with a towel or plastic wrap to allow the dough to rest for at least 10 minutes. Divide the dough into 6 - 8 pieces, depending on the size arepa you want, and shape each piece into a 1/2 inch thick disc. For sandwiches, I prefer to make the arepa larger.

Heat 1/4 inch oil in a heavy skillet over medium high heat. Fry each disc until golden brown and crispy. Serve warm. Enjoy!

