



Arepa Widow or white

NIBBLEDISH CONTRIBUTOR

Ingredients

- A cup of white [maize flour](#).
- 1 1/4 cups of water.
- Salt.
- Butter.

- Cooking oil.

Also you need:

- A mixing bowl.
- A Budare (flat griddle) or frying pan.

Instructions

1. In the bowl, mix the water and a bit of salt, then mix it with the white corn flour, until it forms a soft dough. Let it rest for 2 minutes.
2. Heat up the frying pan and wet it with a little drop of the cooking oil.
3. Then, take a piece of the dough, make it a rounded ball, and then with your hands flat, press the small dough ball until is flatten and rounded.
4. Put the arepa in until a crust is created on one side, then turn it over and wait for the crust in this side.
5. Once ready, split the arepa open and lightly butter the inside.
6. Enjoy it!

Also you can make the arepa grilled, baked, or fried!
