

Colombian Arepa de Choclo con Queso (Colombian Sweet Corn Griddle Arepas with Cheese)

Recipe adapted from sweetysalado.com

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Makes 8-9 3 ½ to 4-inch arepas

Equipment:

- Food processor or blender (I use a food processor)
- 2-cup bowl
- Mixing spoon
- Cheese grater
- Large skillet or griddle (I use an electric griddle)
- Rubber spatula
- Cooking brush
- Measuring cups and spoons
- Kitchen scale

Ingredients:

- ¾ cup (160g) thawed sweet corn kernels (I took the frozen corn out of the freezer and placed in the refrigerator a few hours before preparing the dish)
- ½ cup (75g) yellow pre-cooked yellow cornmeal (you can find pre-cooked yellow cornmeal in the Latin/Hispanic section of your supermarket or Amazon) If you use white pre-cooked cornmeal the arepas will taste the same but will not be as yellow. Suggested brands: Goya, P.A.N, or Doñarepa



- 3 tbsp (38g) white sugar or sugar substitute
- ½ tsp salt
- ½ -¾ cup of 1% low-fat milk or milk substitute
- Butter, margarine, or oil spray to grill the arepas. If you are going to use butter, melt 1 tbsp and use a brush to spread melted butter on the grill or skillet
- ½ cup shredded mozzarella cheese. You can also use Latin queso blanco.

Procedure:

1. Puree the corn kernels using a blender or a food processor. Set aside in a bowl.



2. In a bowl, mix the pre-cooked cornmeal, sugar/sugar substitute, and salt. Mix well.
3. Add small amounts of milk until the batter is very soft but you can still shape the arepas with your hands.
4. Spray or brush the skillet or griddle with oil or melted butter/margarine and put it on the stove on medium heat.
5. Shape the arepas into 3-4-inch round disks and about ½ inch thick and place them on the hot skillet/griddle.
6. Grill the arepas for about 3-4 minutes on each side or until golden brown.



7. During the last 2 minutes of cooking, place the shredded or sliced cheese so it has time to melt. Serve while hot.