

•Virtual Cooking Class Materials•

Hispanic Heritage Month: Arepas

Thanks so much for signing up for my virtual cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

The main ingredient for the arepa dough can be tricky to find. You're looking for pre-cooked corn meal - this is the package of the most common brand that I see in stores to help you find what you're looking for. It's sold in some grocery stores and is most easily found at Latin markets or [online](#).



In addition to the ingredients, here's a list of the cookware/tools you'll need:

- Medium bowl
- Small bowl
- Measuring cups and spoons
- Spoon or spatula, for stirring
- Stovetop
- Cast iron skillet or griddle
- Spatula/angled turner, for flipping
- Thin, serrated knife
- 2 medium saucepans
- Can opener (if needed)
- Food processor
- Plate, for serving
- Small bowl, for serving



If you have any questions, comments, or concerns, feel free to email me at bigflavorstinykitchen@gmail.com.

See you in the kitchen!

-Ashley Covelli

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

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Arepas with Seasoned Black Beans



Recipe from [Big Flavors from a Tiny Kitchen](#)

Makes: 6 servings (2 per serving, 12 arepas total)

Prep Time: 10 Minutes **Total Time:** 30 Minutes

Ingredients

2 cups pre-cooked cornmeal (such as PAN brand)

1 1/2 teaspoons kosher salt

2 cups warm water (plus more, as needed)

Cooking spray or high heat cooking oil, for the griddle

For serving:

Seasoned black beans (recipe follows)

Shredded cheese, cotija, or queso fresco

Salsa verde (recipe follows) or hot sauce (optional)

Instructions

1. In a medium bowl, stir together the cornmeal. Slowly add the water, stirring as you go, until the dough starts to come together. Using your hands, mix and knead the dough for 2 minutes. You should have a dough that holds its shape and does not stick to your fingers. Let the dough rest for 5 minutes.
2. While the dough rests, preheat a cast iron skillet or griddle over medium-high heat. Spray with cooking spray. Get a small bowl of water and set it off to the side to help with shaping your arepas.
3. Once the dough has rested, divide into 12 equal portions. I like using a #16 scoop for this (about 1/4 cup). Roll each portion into a ball and flatten it into a round, patting it between your hands, until it's around 1/2-inch thick. Dip your finger in water and run it around the perimeter of the arepa, as needed, to smooth the edges.
4. Place the arepas in the preheated skillet, making sure there is room around each (you may need to work in batches, depending on the size of your pan). Cook the arepas until golden brown, then flip, about 5 minutes per side. Give the pan another coating of cooking spray between each batch.
5. Let the arepas rest for 5-10 minutes. To serve, lay the arepa flat on a cutting board and insert a thin, serrated knife. Cut horizontally to separate the top and bottom, leaving the back ends attached to hold the filling.
6. Stuff the sliced arepas with black beans and cheese and enjoy!

Tips:

- If the dough is sticky, add more cornmeal. If it feels dry and crumbly, add more warm water.
- You can test a small piece of the dough to see how it cooks up on the griddle if you want to check the texture of your dough. Adjust the water/cornmeal as needed after your test batch.
- The later batches may cook faster than the early batches of arepas. You may need to lower/adjust the heat as you go.
- If you're having trouble getting the arepas to cook through on the inside without burning, you can finish them off in a 400°F oven to help the interior cook fully.

Recipe from Ashley Covelli at
Big Flavors from a Tiny Kitchen



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Salsa Verde

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Condiments & Sauces

Makes: About 1 1/4 cups

Prep Time: 10 Minutes

Cook Time: 5 Minutes

Total Time: 15 Minutes

Ingredients

8 ounces (about 3-4) tomatillos, husked
1 garlic clove, peeled
1-2 serrano or jalapeño peppers, roughly
chopped (use 1 and/or remove the seeds to
keep the spice level down)
1/2 cup loosely packed parsley

1/4 cup loosely packed cilantro
2 tbsp extra virgin olive oil
1 tablespoon lime juice
1 teaspoon cumin, ground
1 teaspoon kosher salt
1 ripe avocado

Instructions

1. Bring a medium pot of water to a boil. Add the husked tomatillos and boil for 5 minutes. Remove tomatillos with a slotted spoon or spider to a bowl of ice water to stop the cooking. Remove from the ice bath once cooled.
2. With the food processor motor running, drop the peeled garlic clove into the feed chute to mince. Stop the motor and add the cooled tomatillos, peppers, parsley, cilantro, oil, lime juice, cumin, and salt. Process until it becomes a coarse purée.
3. Add avocado and process until nearly smooth. If you'd like a thinner texture, feel free to add cold water to reach your desired texture.

Seasoned Black Beans

Ingredients

1 tablespoons high heat cooking oil
2 cloves garlic, minced
2 (15.5-ounce) cans black beans (do not drain!)
2-3 sprigs fresh cilantro
1 teaspoon taco seasoning (optional)
1/4 teaspoon kosher salt

Recipe from [Big Flavors from a Tiny Kitchen](#)

Category: Side Dishes

Makes: 6 servings

Prep Time: 3 Minutes

Cook Time: 17 Minutes

Total Time: 20 Minutes

Instructions

1. Heat the oil in a medium saucepan over medium heat. Add the garlic and cook, stirring, until just fragrant, 1 or 2 minutes.
2. Add the beans (including the liquid from the can), cilantro sprigs, taco seasoning, and salt. Raise the heat to high and bring the beans to a boil. Once they start to bubble, reduce the heat to low and let simmer, stirring occasionally, until the liquid has reduced, about 15 minutes.

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