

DENE

Shrimp Arepas



Ingredients, Arepas:

- 2 cups masarepa
- 1 teaspoon salt
- 3 cups hot water
- vegetable oil for skillet or griddle

Ingredients, Shrimp:

- 1 teaspoon vegetable oil
- 1 shallot, minced
- 1 clove garlic, minced
- 1 small long chili, minced
- 1 pound peeled and deveined shrimp
- 1 lime, juiced
- salt to taste
- sliced avocado, optional
- diced tomato, optional
- thinly sliced scallions, optional
- Bibb lettuce leaves, optional

Method:

1. Place masarepa and salt in a large bowl and mix to combine. Slowly pour hot water into masarepa, mixing with a fork until dough comes together. Roll into a log, wrap in plastic, and let rest 20 minutes.
2. Once arepas, have rested divide in half, then divide each half into 8 pieces. Shape into short cylinders (like a hockey puck) then wrap individually in plastic wrap if not using right away.
3. Preheat oven to 350°F. Heat a thin layer of vegetable oil in skillet or griddle over medium-high heat and sear each arepa until just beginning to brown, then transfer to oven. Allow to bake for 20 minutes.
4. While arepas are in the oven, prepare shrimp by heating oil in a skillet over medium high heat, add shallot, and cook until beginning to soften, about 4 minutes. Add garlic and chili and cook until fragrant, about 4 minutes. Add shrimp, limejuice, and cook until shrimp are pink and starting to become firm, about 7 minutes. Season to taste with salt. Once arepas are cooked, split and fill with shrimp and any or all of the optional garnishes.