

Name of Organization _____ Name of Event IEW Dry Run Date _____

Recipe Worksheet

Recipe Name Colombian arepas

Yield Original 12

Event 300

Portion Size Original 1

Event 1-

arepa- 2 oz. spoodle Hogao

arepa- 2 oz. Spoodle

Hogao

Equipment needed:

Big bowl for mixing the ingredients, medium bowl for the shredded cheese, pans, slotted spatulas
X25

Ingredient:	Amount:	Event Amount:	Ingredient:	Amount:	Event Amount:
1) P.A.N. Pre-Cooked White Corn Meal	3 cups	75 cups- 20 lbs.	Hogao-12		
2) Unsalted Butter, Room Temp	4 oz.- 1 stick	100 oz.= 6.25 lb.	1)Olive Oil	1 Tbsp.	1.5 cups
3) Heavy whipping cream	1 cup=8 fl. Oz.	200 fl oz.= 1.56 gal	2)Scallions	3 oz.	75 oz.= 4.7 lb.
4) Mozzarella shredded cheese	2 cups	100 oz.= 6.25 lb.	3)Tomato	19.5 oz.	487.5 oz= 30 lb.
5) Water	2 1/2 cups	62.5 cups			
6) Salt	.25 oz.	2 oz.			
7)Mozzarella Cheese inside	.25 oz	6.25 oz.	4)Garlic	.5 oz.	12.5 oz.
			5) Cumin/Salt/Pepper	1 tsp/ 1/4 tsp/ 1/4 tsp	~ 8 tsp cumin, salt and pepper add slowly and taste as you go!

Methods:

- 1) divide the quantity of cheese by half and put half on a small bowl and the other half in a big bowl
In the big bowl with the cheese, add the flour, the butter, the cream, water and salt
- 2) knead until well combined and a soft dough forms
- 3) Use 3.8 oz. tan scoop to make dough even balls. With your hands, flatten the dough until it is 1/2 an inch thick
- 4) grab a spoonful of cheese and put in the middle of the dough and "close" the dough by forming a ball again, make sure to keep all the cheese inside the ball
- 5) Flatten the dough again and put in on a pan to cook it
- 6) you will see it's cooked when the arepa changes its color to a more bright yellow and dark brown spots start to appear , this means that the cheese is melting and that the area is ready to be consumed.
- 7)For event: Keep warm in Oven or Combi oven @ 170 degrees F