

## **Arepas with Black Beans and Guasacaca**

*adapted from use real butter*

2 cups harina PAN  
2 1/2 cups warm water  
1 tsp salt  
2-3 tbsp vegetable or canola oil  
more oil for cooking  
avocado, sliced  
14.5 oz. can of black beans, drained and rinsed  
1 tsp of pureed chipotles in adobo  
salt  
Monterey Jack cheese, shredded  
guasacaca (see below)

Place the harina in a large bowl and add the warm water, salt, and vegetable oil (we used 3 tablespoons). Gently fold the mixture together until the moisture is roughly evenly distributed. Set the dough aside for at least ten minutes. The longer, the better. Meanwhile you can make the guasacaca (see below). When the dough has sat long enough, mix it together with your hands and moosh out any lumps between your fingers. Make sure it is uniformly mixed. Begin to form patties approximately 1/2-inch thick and 4-5 inches in diameter. You want them to have a uniform surface (avoid cracks) and to be relatively even in thickness. Using a paper towel or brush, apply a thin layer of vegetable oil on a flat pan like a cast iron skillet or something flat (NOT a non-stick pan). Set over medium-high heat. When the pan is hot, place a few patties (like 3 or however many will fit without crowding) on the surface. Let sit for 5 to 10 minutes (depending on your heat and pan) until the bottoms begin to crackle and pop. Check the bottoms for doneness – when they are lightly golden, flip them over. After another 5 to 10 minutes, check the bottoms for doneness. They should be lightly golden and when you tap the arepa, it should be slightly springy. Remove from heat. If you are making a lot, you can keep the cooked arepas in a baking dish in a low oven (like 250°F) until you are ready to serve. This recipe makes 6 five-inch arepas.

In the mean time, place the black beans, pureed chipotles in adobo, salt, pepper and some water in a wide skillet over medium high heat. Cook until all the water evaporates and until beans reach desired texture. Add water and repeat as need. Taste and adjust seasonings.

Slice the top half of an arepa open along the seam with a butter knife. Carefully scrape out some of the moist filling from the entire interior (you can save it to eat later with butter). When the arepa is hollowed out, fill it with avocado, black beans, cheese, and guasacaca.

(Servings: 6, Prep time: 45 min., Cook time: 45 min., Difficulty: Easy)

## **Guasacaca (guacamole salsa)**

- 1 onion, peeled, topped, and cut into eighths
- 1 avocado, peeled and pitted
- 2-3 tablespoons of white or rice wine vinegar (more if necessary)
- 1 clove of garlic
- 1 jalapeño pepper, seeded and cored
- 2 cups fresh parsley
- 2 cups fresh cilantro salt to taste
- 3 tbsp vegetable oil

Place the onion, avocado, vinegar, garlic, and jalapeño in a blender (or food processor) and purée until smooth. Add the parsley and cilantro and purée until smooth. If it is too dry and won't blend, add more vinegar and push it toward the blade with a spoon or a spatula between pulses. Add salt to taste and then add the oil last.