

# Arepas con toppings (arepas with toppings) & lemon dessert

If you are vegetarian, then you can replace the chicken for:

- Mushrooms
- "Like chicken"
- 2 eggs
- Or nothing. In Colombia, sometimes we just eat the arepa with the sauce like a topping.



## Shopping list:

- 1 cup of Harina pan (you can find it easily in Asian markets, if you can choose, select the yellow package, otherwise, the orange is fine)
- 4 spoons of butter
- 150 g of chicken breast OR mushrooms OR Like chicken OR 2 Eggs
- 1 ripped avocado
- 3 tomatoes
- 1 bundle of long onion
- Between 3 and 5 limes (or lemons). This depends on how sour you like your guacamole and a dessert.
- 100 g (or as much as you want) of gratin and pizza cheese
- 2 spoons of oil (canola or sunflower)
- 200 g "Milchmädchen"
- 200 g Schlagsahne
- One package of butter cookies



## I. Main course:

Serving size: 1 person

Ingredients:

<ul style="list-style-type: none"> <li>- 150 g chicken breast</li> <li>- 1 liter of water</li> <li>- 2 teaspoons of salt</li> </ul>	<ul style="list-style-type: none"> <li>- 3 tomatoes</li> <li>- 1 bundle of long onions</li> <li>- 2 spoons of butter</li> <li>- 2 spoons of oil (canola or sunflower)</li> <li>- 2 spoons of salt</li> </ul>
<ul style="list-style-type: none"> <li>- 1 ripped avocado</li> <li>- 2 limes (or lemons)</li> <li>- 2 teaspoons of salt</li> <li>- 2 teaspoons of pepper</li> <li>- 100 g (or as much as you want) of gratin and pizza cheese</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup of Harina pan</li> <li>- 1 ¼ cups of water</li> <li>- 1 teaspoon of salt</li> <li>- 2 spoons of butter</li> </ul>

### Preparation of main course:

1. Boil 1 liter of water with 2 teaspoons of salt on a pot. When water is boiling, put 150g of chicken breast into the boiling water. Let cook for around 15 minutes or until the chicken is completely cooked.
  - a. *For vegetarians with mushrooms*: sauté the mushrooms in butter for about 3 minutes.
  - b. *For vegetarians with "like chicken"*: put the pieces of "chicken" in a pan with some butter.
  - c. *For vegetarians with eggs*: wait until step 4.
2. Chop the long onion in small pieces and the tomatoes in small dices.
3. Put 2 spoons of butter and 2 spoons of oil in a pan. Add the onions when the oil and the butter are hot. After 3 minutes, add the diced tomatoes into the pan. Add 1-2 spoons of salt. Let cook for 10 minutes.
4. Shred the chicken breast. Add the shredded chicken breast into the onions and tomatoes pan. Let cook for 5 minutes.
  - a. *For vegetarians with mushrooms and "like chicken"*: mix them with the mentioned sauce.
  - b. *For vegetarians with eggs*: scramble 2 eggs and add them to the sauce. Let it dry.
5. Smash the avocado. Add salt, pepper and lime juice as much as you want. This depends on how salty, and sour do you like your avocado.
6. Mix 1 cup of Harina Pan, 1 ¼ cups of water, 1 spoon of butter and 1 teaspoon of salt. Mix until the dough is uniform. Divide the dough in 4 portions. Make each portion a ball and then make it like a thin disk. Put one spoon of butter in a pan and wait until it is hot. Let each disc cook for 5 minutes in each side at medium heat. Keep an eye, so they don't burn.
7. Put on top of the arepa some chicken with the sauce, some smashed avocado on top and cheese. Enjoy!

### II. Dessert:

Serving size: 4 people or less, depending on how much you would share 😊

Ingredients:

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| <ul style="list-style-type: none"><li>- 3 limes</li><li>- 200 g "Milchmädchen"</li><li>- 200 g Schlagsahne</li><li>- One package of butter cookies</li></ul> |
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### Preparation of dessert:

1. Mix the Milchmädchen and the Schlagsahne in one container.
2. Keep mixing and add slowly the lime juice. Add as much lime juice as you like. Some of us like the dessert sweet and sour.
3. Scrape the lime's skin.
4. Put in a container a base of butter cookies. Then put on top a layer of the cream we did before. Put another layer of butter cookies. Keep doing layers until your container is full. The last layer should be the lime cream.
5. Put some lime zest on top.
6. Put in the fridge for at least 1 hour. Enjoy!