

# Chicken – Venezuelan style

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Maribel says that it's common to prepare shredded chicken with arepas in Venezuela - similar to a chicken sandwich. This meal can be paired with shaved ice and tres leche cake.

## Ingredients:

Deboned chicken thighs  
Salt  
Pepper  
Oregano  
Cumin  
Paprika  
Cooking oil

## Directions:

Season the chicken with the seasonings and a little vegetable oil.



Pan fry the meat and shred. Serve with warm arepas (and white cheese, black beans, avocados, fried plantain, and a side salad.)

# Arepas (cornmeal patty)

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This is a corn meal patty that you split like a hamburger bun. Serve the shredded chicken and toppings on it.

## Ingredients:

2 ½ cups water  
2 cups P.A.N. corn meal  
1 teaspoon salt

## Directions:

Pour water into a mixing bowl. Add the salt and corn meal gradually.

Knead until a smooth dough is formed. Let it rest for 3 minutes.

Separate dough into 10 portions. Form each portion into a ball and then press it into a patty of about 10 cm in diameter.

Place onto a griddle or frying pan over medium heat for 5 minutes; flip patty and cook for another 5 minutes.

Serve hot. **Enjoy!**

