

October Member Recipe

Arepas with Venezuelan-Style Brisket La Cocinita, Evanston

Arepas (makes ~10-12 patties (5-6 servings))

Ingredients

1/2 Tbsp Vegetable Oil
2 C Warm Water
1/2 Tbsp Salt
1/2 Lb Fresh Masa

Preparation

1. In a large bowl, mix oil and salt with warm water until salt dissolves
2. Slowly, in small increments, add masa to the water, kneading it until smooth and lump-free
3. Continue until you've mixed in all the masa
4. Form the masa into patties (approx. 10-12) about 3 inches in diameter and 3/4 inch thick, ensuring that the edges are smooth and free of cracks
5. Preheat a griddle to medium-hot and cook for five to six minutes on each side, until light golden brown and slightly crispy on the outside



Venezuelan-Style Brisket

Ingredients

5 Lbs Brisket
2 Tbsp Canola Oil
2 Tbsp Salt
1 tsp Oregano
1/2 tsp Garlic Powder
1/2 tsp Cumin
1/2 tsp Onion Powder
1/2 tsp Black Pepper
1/4 tsp Curry Powder
1 C Raw Onion
1/2 C Celery
1/2 C Green Bell Peppers
2 Tbsp Worcestershire Sauce
4 Cloves Raw Garlic
1 C Red Wine
2 Bay Leaves
2 Tbsp Unsalted Butter
1.5 C Beef Stock

Preparation

1. Clean meat (remove excess fat and silver skin)
2. Season with spices and let rest at room temp for at least 30 min
3. Add canola oil to a deep pan and sear meat on every side to a medium brown color
4. Remove the meat from the pan and let rest for 30 min
5. Add onions, green bell peppers, celery, garlic and butter to the pan, and season with salt and pepper
6. Lower heat to medium low and sweat all veggies until brown bits come off the bottom of the pan
7. Add Worcestershire sauce, wine, and bay leaves
8. Bring to a boil and simmer for 30 min.
9. Put meat in a deep pan with the sauce
10. Tightly cover with aluminum foil and bake at 350 degrees for 3 hours
11. After meat cooks 3 hours in the oven, take it out and let it cool down enough to touch it
12. Slice the meat into 1-inch slices
13. Blend sauce and cook at 350 for 1 more hour

Guasacaca (Venezuelan Guacamole)

Ingredients

- 2 Avocados
- 1/4 C Green Pepper
- 1/4 C Raw White Onion
- 2 Tbsp Canola Oil
- 1 Tbsp White Vinegar
- 1/8 tsp Black Pepper
- 1/8 tsp Salt

Preparation

1. Puree all ingredients except one of the avocados until smooth
2. Mash the remaining avocado into the puree so it's a chunky consistency

Purple Cabbage Slaw: This slaw will provide garnish for all the arepas in the recipe

Ingredients

- 1/2 Head Purple Cabbage, shredded
- 1/2 Carrot, shredded
- 1/4 Bunch Cilantro, chopped
- 1 Tbsp Lime Juice
- 1 Tbsp White Vinegar

Preparation

1. Salt to taste
2. Toss well to combine. Dress to taste

Assembly

1. Cut each arepa to form a pocket.
2. Stuff each one with 3 oz or so of brisket
3. Garnish with 1/2 oz of guasacaca, a bit of cabbage slaw, and a sprinkle of queso fresco