



*Arepittas'
recipes book*



Arepittas is a traditional Venezuelan food restaurant, currently focused on some of the products that identify years of evolution and mixing of different cultures. This mixture of cultures from Europe, Africa and the different ethnic groups originating in Venezuela, gave rise to a vast and varied diversification of traditional foods.

This variety is identified by the use of natural products, adapted to different ecosystems, different climates and different palates as a concept of homemade food, trying to keep as close as possible, the traditional recipes of our grandmothers, whose fundamental value was: "Keeping our families healthy and happy."

This is a map of our heritage



Europe

Spain that conquered us with all its culture and then different countries that emigrated.



Africa

This continent gave us its joy, its dances, its beautiful color and some ingredients that fertilized our land.



America

This fertile land and its people, received the seed of other cultures and amalgamated a culture of its own, as we know it today and that is constantly evolving.



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Creole Salad

In Venezuela, the consumption of salads was not popular among the natives, however, the disagreement stems from the fact that the Creole salad is made mostly with ingredients of American origin, that is, tomato, hearts of palm and Avocados were consumed individually and the answer to the current mix comes from colonization, because the Europeans used them in different types of raw and cooked salads for these products. Currently, ingredients such as lettuce (Europe), onion (Asia), tomato, avocado and heart of palm (America) can be found in our globalized world. Venezuela consumes this type of salad almost daily and at special events as one of the perfect complements to accompany barbecues.



Creole Salad



Ingredients (4 dinners)

- 340 gr Garden Salad (Blend of Iceberg lettuce, carrots and red cabbages)
- 1/2 small onion
- 1 Roma Tomato, finely sliced or halved
- 110 gr Palmito heart
- 1 Avocado
- For the sauce: 1 medium onion, 2 cloves of garlic, 1 piece of green pepper, 1 bunch of cilantro, oil, vinegar, salt and black pepper.

Preparation

- Add the Garden Salad to a bowl to form a bedding.
- Cut the onion into thin slices or cut in half, place on the garden salad bedding.
- Cut the Roma tomato into thin slices or cut in half.
- Eliminate the juice where the hearts of palm are and cut each cylinder of them into sheets or strips.
- Cut the avocado in half, remove the seed and pulp and cut it into small cubes.
- Orderly place the tomatoes, palm hearts and avocados on top of the previous mixture.
- Mix the sauce ingredients in a blender until you get a smooth and light sauce and place over the salad vegetables.

Plantain Pasticho

Although those could be words from any Venezuelan, Luisa Panagua could not have said it better about the famous "Pasticho de platano": *Caribbean gastronomy is exuberant and stands out for the fusion of several cultures. The dishes are colorful and contain an explosion of flavors within themselves. In fact, the open nature of those who live in the Caribbean allows for the continuous integration of new dishes from around the world and their tropicalization.*

One of the preparations that demonstrates this reality is this recipe for banana pasticho, also known as pastelón. In this Venezuelan pasticho, the pasta sheets of Italian lasagna are replaced with fried banana slices. Sweet and salty intermingle and form an unmatched combination.



Plantain Pasticho



Ingredients (4 diners)

Plantain Pasticho:

- 5 not very ripe plantain
- 200 grams of white cheese or mozzarella
- 50 grams of parmesan cheese
- Enough oil to fry

For the sauce

- 250 grams of ground beef
- 1 onion
- 1 paprika
- 1 branch of large chives
- 5 large, very ripe tomatoes
- 3 garlic cloves
- 1 pinch of pepper
- 1 pinch of cumin
- 1 pinch of oregano
- salt to taste
- 3 tablespoons of vegetable oil

For the bechamel

- 600 milliliters of whole liquid milk
- 50 grams of butter or margarine
- 50 grams of already sifted wheat flour
- 1 pinch of nutmeg
- salt to taste

Preparation

Sauce

- Start with the meat and tomato sauce. To do this, sauté the meat along with the onion and garlic and let it cook very well.
- Blanch the tomatoes, that is, cook them with a little water and a pinch of salt. The goal is to soften them for the sauce.
- Add the paprika and chives to the meat and stir a little.
- Meanwhile, blend the boiled tomatoes and add the cumin, oregano and pepper. The amount of aromatic herbs and spices will depend on your taste.
- When the meat is ready and the vegetables are already integrated, pour the sauce into the pot and let it simmer over low heat for about 20 minutes or until you get a fairly thick sauce. Remember to correct the salt at the end.

Bechamel

- The first thing is to heat the milk. It should not boil, just a little heat to make it easier to integrate into the following steps.
- Melt the butter completely over low heat, then add the flour. The idea is to prepare the base of the sauce known as roux paste. Move it constantly, preferably with a wooden paddle.
- Once the roux is formed, add the warm milk by tablespoons and beat vigorously between each addition of milk. As the sauce becomes thinner, you can add more milk. When you have added all the ingredients, add the salt and nutmeg.

Plantain Pasticho



Plantain Pasticho



Preparation

Plantain Pasticho:

- Chop the bananas into slices that are neither too thin nor too thick. Fry them in plenty of hot oil and brown them on both sides.
- To assemble your banana pasticho, start by greasing the mold and placing a thin layer of béchamel. Cover with the banana slices. The next thing is to cover with a layer of meat sauce and place another layer of bananas.
- Add the bechamel and cheese, then another layer of slices. Now, you just have to repeat each of these layers until you reach the top of the mold.
- Remember that part of the mold must be free so that the sauce does not overflow when it starts to boil in the oven. Finish with a layer of bechamel, white cheese or mozzarella and parmesan. Bake at about 392° C for 30 minutes.
- When ready, don't serve too hot! It is better to wait about 10 minutes for the banana pasticho to integrate a little or it will fall apart when serving.

*Vegetarian's Plantain
Pasticho*

Vegan Chorizo



*Omnivore's Plantain
Pasticho*

Ground meat



Maracuyá Delicacy



The delicacy was prepared more than 1,000 years ago by the Arabs using almond milk and sugar, two ingredients that were mixed until the desired thickness was achieved. It was precisely with the influence of Muslim culture in the territories of Spain that the white delicacy reached Latin America, where with the variety of fruits from different regions and cow's milk, it became a snack that children and adults love. .

Ingredients

- 500 cc Passion Fruit juice
- 1/2 Cup Sugar
- 70 gr Cornstarch

Preparation

- Add 400 ml of passion fruit juice and reserve 100 ml.
- Add the 1/2 cup of sugar and cook over medium heat.
- Dissolve the cornstarch in the 100 ml of reserved passion fruit juice, mix well and strain to ensure there are no lumps, reserve.
- When bubbles appear on the sides of the pot, add the 100 cc of passion fruit juice mixed with the cornstarch.
- Stir constantly to eliminate any lumps that may form, until you see it thicken and begin to boil, lower the heat to minimum and cook for 3 more minutes.
- Turn off after 3 minutes and pour into the container of your choice, let cool to room temperature and then refrigerate for at least 3 hours.
- Unmold, if applicable, serve and enjoy.

Maracuya Delicacy



Attagracia Red

According to Amodio (2010), the economic and social history of Venezuela during the colonial era and until the entire nineteenth century, has been marked by two agricultural products, the first, sugar cane, arrived from Europe (although it is native to New Guinea) and the second local, cocoa.

The first high-quality wine vineyard in Venezuela was founded in 1988, which produced its first harvest in 1990, to produce the Viña Attagracia brand wines. Wine, more than a product, is a symbol of culture linked to man since his birth. **Attagracia Red** is a mixture that combines product, work and flavors of our land, so this cocktail is the perfect harmony between the character and strength of Venezuelan rum, Intense aromas with floral, fruity, mineral and sometimes balsamic and/or spicy series of Viña Attagracia red wine and the freshness and sweetness of our fruits.



Attagracia Red



Ingredients

- 4 Oz Red Wine
- ½ Lemon
- 1 Oz Rum
- 1 Oz Fruit Juice

Preparation

- Fill a short glass with ice, pour 4 Oz of the Red Wine.
- Add 1 Oz of Rum and 1 Oz of Fruit Juice, stir mixed gently.
- 1/2 lemon cut into circles or half-moons and use as a garnish.



"Venezuelan gastronomy is the fusion, development and evolution of different cultures in a culture of its own"

Thanks

Do you have any questions?

arepittas@gmail.com

+1 (412) 281- 1213

<http://www.arepittas.com>

Address:

412 Cherry Way, Pittsburgh,
PA, USA, 15219-1605

