
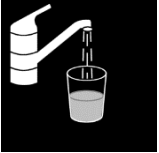
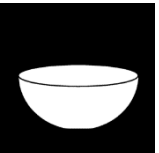


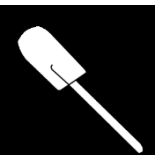
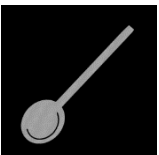



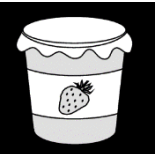

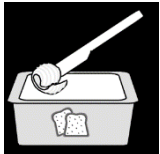

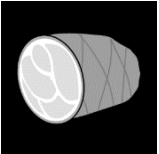

Mmmm arepas

RECEPT


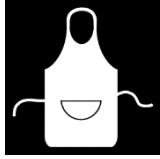




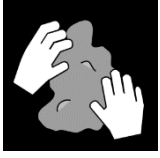

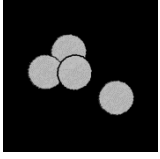
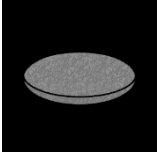

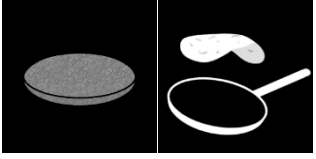
INGREDIËNTEN EN MIDDELEN

		
4 GLAZEN MAÏSMEEL (P.A.N)	5 GLAZEN WATER	EEN SNUFJE ZOUT
		
MENGGKOM	SNIJPLANK	PANNENKOEKENPAN
		
SPATEL	HOUTEN LEPEL	SCHORT

EVENTUEEL BELEG

		
CONFITUUR	HONING	BOTER
		
KAAS	HESP	(GEGRILDE) GROENTEN

BEREIDING

	
1. WAS JE HANDEN.	2. DOE JE SCHORT AAN
	
3. DOE HET WATER IN DE MENGKOM.	4. DOE HET ZOUT IN DE MENGKOM.
	
5. DOE HET MAÏSMEEL IN DE MENGKOM.	6. MENG DE INGREDIËNTEN SAMEN.
	
7. KNEED HET DEEG MET JE HANDEN.	8. LAAT DE DEEG 3 MINUTEN RUSTEN.
	
9. ROL 20 BALLETTJES.	10. DUW DE BALLETTJES PLAT TOT BURGERS.
	
11. ZET DE PAN OP HET VUUR. ZET JE VUUR AAN.	12. BAK DE AREPAS LANGS BEIDE KANTEN.