

white maize a traditional pdf

Arepa (Spanish pronunciation:) is a type of food made of ground maize dough or cooked flour prominent in the cuisine of Colombia and Venezuela.. It is eaten daily in those countries and can be served with accompaniments such as cheese, cuajada (fermented milk) or avocado, or split to make sandwiches. Sizes, maize types, and added ingredients vary its preparation.

Arepa - Wikipedia

With the arrival of the Spanish conquerors led by Pedro de Valdivia in 1540 came some of the products that would become staples of Chilean cuisine - wheat, pigs, sheep, cattle, chickens and wine - while the native peoples contributed potatoes, maize, beans, and seafood. Various combinations of these basic ingredients form the basis of most characteristic Chilean dishes.

