

Mushroom and Cheese-filled Arepas

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Photo credit: Eastern Mushroom Marketing Cooperative / PA Dept of Ag

Makes 4-6 servings

Mushroom and Cheese Mixture

1/2 pound Cream Cheese
1/2 pound Goat Cheese
1/4 cup sliced sautéed Button mushrooms
1/4 cup sliced sautéed Shiitake mushrooms
1/4 cup sliced sautéed Portabella mushrooms
1/4 tsp. Kosher Salt
1/4 tsp. Fresh Ground Black Pepper

Arepas

2/3 cup White Masarepa*
1/3 tsp. Kosher salt
1/3 cup grated Pepper Jack Cheese
1 1/3 tsp. Melted unsalted butter
1/2 - 2/3 cup Hot Water
1/3 cup Fresh corn, sautéed and cooled

Slaw

1 cup Jullienned Jicama
1 cup Jullienned fresh hearts of palm
5 tbsp. Sherry Vinaigrette
as needed Kosher salt and ground black pepper

Mustard Emulsion

as needed chopped Cilantro for garnish



For Mushroom and Cheese Mixture: In a Kitchen Aid with the paddle attachment, mix cheeses, mushrooms, salt and pepper.

For Arepas: Combine masarepa, salt and cheese in mixing bowl. Stir in butter and 1/2 cup of water. Knead with hands to form a soft pliable dough. Add the rest of the water as necessary. The dough should be the consistency of mashed potatoes. Fold in corn and then roll out the dough between 2 pieces of plastic wrap. Cut with a 5" round cutter and griddle on a flat top or non-stick pan over medium heat for 2-3 minutes per side. Makes about 8. Reserve.

For Slaw: Toss jicama and hearts of palm in a bowl with sherry vinaigrette. Season with kosher salt and fresh ground black pepper.

For Mustard Emulsion: Whisk together 1/2 cup fresh mayonnaise, 1/2 cup sour cream and 1/4 cup Creole mustard; salt and pepper to taste.

To assemble: Spread 1/4 -1/6 of the cheese and mushroom mixture on one side of an arepa. Place in a 350°F oven for 4-5 minutes. Warm a second plain arepa in the oven at the same time. Remove from oven and "sandwich" the two arepas. Cut into four equal sections. Place 1/4 -1/6 of the slaw in the center of the plate and arrange the arepa sections around it. From a plastic squirt bottle, sauce the arepas with mustard emulsion. Garnish with chopped cilantro.

*Available in specialty Latin markets.