

## **CACHAPAS**

**Serves 4**

### **INGREDIENTS:**

#### **Cachapas**

**3 boxes**      **loose corn (approx. 600)**  
**2 dl**          **milk (soy milk is an alternative)**  
**2**              **eggs**  
**100 gr flour** **(best with mixture wheat/polenta amarilla)**  
**4 tbsp**      **frying oil (butter or oil spray are alternatives)**  
**1 tbsp**      **butter**  
**1 tbsp**      **sugar**  
**1 tsp**        **salt**

#### **Filling options**

**Ham & mozzarella cheese (or feta cheese)**

**Chicken & avocado**

*tbsp = tablespoon*

### **PREPARATIONS:**

1. *Place the corn in a bowl (without the liquid) and grind it with food processor to make a paste.*
2. *Add milk, sugar, salt, and lastly, the flour.*
3. *Add the butter and eggs*
4. *The consistency of the batter must be thick (not to liquid). Add extra flour or milk, to correct it, if necessary.*
5. *Cover the bowl with plastic film and set it in the refrigerator for 20 minutes.*
6. *Spread frying oil or butter in a hot pan.*
7. *Use a ladle (soup serving spoon) to pour the mix in the pan. Use circular movements to spread evenly and form pancake-like shapes.*
8. *When holes start to form in the cachapa, flip it. Wait until the cachapa slides easily in the pan. Take it out of heat.*
9. *Spread a bit of butter over it and stuffing with the desired filling. Fold in half.*
10. *Enjoy hot.*