

Adobo Arepa Batter



Grilled cornbread infused with *Minor's*® Red Chile Adobo Flavor Concentrate delivers a hint of ancho, tomato and spices. The outer layer is crisp and buttery, with an inner fluffiness from the cornmeal. A delicious carrier whether fried, baked or grilled that's suitable for breakfast, lunch, snack-time or dinner.

Yield	2 qts.
Serves	32
Preparation time	2 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4.5	lb		1 tray	<u>STOUFFER'S® Corn Pudding 4x72 oz.</u>	thawed
1.5	oz		3 tbsp	<u>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
8	oz		2 cups	<u>MINOR'S® Dry Roux® (Sauce/Soup Thickener) 4x2.5 lb.</u>	

Preparation Steps

1. In a mixing bowl thoroughly combine the Corn Pudding with the Red Chile Adobo Flavor Concentrate.
2. Using a spatula, fold in the Dry Roux.
3. Ladle a 2 oz. portion onto a griddle or non-stick sauté pan heated to about 350°F. Flip the arepas when they begin to bubble and the bottom is golden brown.

Chef's tip

For higher volume operations, arepas may be cooked 24 hours in advance.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.6
Energy (Kj)	522
Protein (g)	3.1
Carbohydrate, total (g)	16.6
Fats, total (g)	4.5
Sugars, total (g)	3.6
Fats, saturated (g)	1
Fiber, total dietary (g)	1
Sodium (mg)	287.5
Calcium (mg)	28
Cholesterol (mg)	33.9
Iron (mg)	1.1
Vitamin A (µg_RAE)	14.4
Vitamin C (mg)	0.5

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Jalapeno Arepa Batter



A succulent Colombian and Venezuelan grilled cornbread infused with Minor's® Fire Roasted Jalapeño Flavor Concentrate for a hint of smokiness and heat. Serve them fried, baked or grilled at breakfast, lunch or dinner day-parts.

Yield	2 qts.
Serves	32
Preparation time	2 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4.5	lb		1 tray	<u>STOUFFER'S® Corn Pudding 4x72 oz.</u>	thawed
1.5	oz		3 tbsp	<u>MINOR'S® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
8	oz		2 cups	<u>MINOR'S® Dry Roux® (Sauce/Soup Thickener) 4x2.5 lb.</u>	

Preparation Steps

1. In a mixing bowl thoroughly combine Corn Pudding with Fire Roasted Jalapeno Flavor Concentrate.
2. Using a spatula, fold in the Dry Roux.
3. Ladle a 2 oz. portion onto a griddle or non-stick sauté pan heated to about 350°F. Flip the arepas when they begin to bubble and the bottom is golden brown.

Chef's tip

For additional flavored batters, refer to the Signature Arepa Batter Matrix.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.7
Energy (Kj)	522.5
Protein (g)	3.2
Carbohydrate, total (g)	16.6
Fats, total (g)	4.5
Sugars, total (g)	3.6
Fats, saturated (g)	1
Fiber, total dietary (g)	1
Sodium (mg)	299.7
Calcium (mg)	27.9
Cholesterol (mg)	33.9
Iron (mg)	1.1
Vitamin A (µg_RAE)	2.4
Vitamin C (mg)	2.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

Signature Sauces & Condiments



1 Cup

Arepa Batter

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CREATE SIGNATURE BATTERS BY ADDING *MINOR'S*® FLAVOR CONCENTRATES

Ancho	Chipotle	Cilantro Lime	Fire Roasted Jalapeño	Fire Roasted Poblano	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato Pesto
3 Tbsp	2 Tbsp	1 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp



1 Cup

Cheese Sauce

+

CREATE SIGNATURE CONDIMENTS WITH *MINOR'S* FLAVOR CONCENTRATES

Ancho	Chipotle	Cilantro Lime	Fire Roasted Jalapeño	Fire Roasted Poblano	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato Pesto
1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	-	1 Tbsp	1 Tbsp	2 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp

Crema

+

Guacamole

+

Salsa

+