

### 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.