

Miele

Venezuelan arepas with slow cooked pork and guacamole

By Miele

1 hour, plus refrigeration time

Preparation Time

3 hours

Cooking Time

6 serves

Serves



INGREDIENTS

Slow cooked pork

2 tbsp annatto seeds
1 tbsp dried oregano
3 tsp ground ginger
1 tsp ground cumin
½ tsp whole cloves
3 tsp ground cinnamon
6 garlic cloves
1 tbsp salt flakes
½ cup olive oil
700 g pork shoulder or neck, cut into 3 equal pieces
125 ml (½ cup) grapefruit juice
1 x 400 g tin crushed tomatoes
1 tbsp brown sugar
250 ml (1 cup) chicken stock
Extra salt flakes and pepper, to taste

Pickled red onion and chillies

1 red onion, very thinly sliced
2 jalapeno chillies, sliced
125 ml (½ cup) water
60 ml (¼ cup) white wine vinegar
60 ml (¼ cup) sherry vinegar
2 tbsp maple syrup
2 tsp salt flakes

Arepas

215 g (1 ¾ cups) masa harina
100 g (1 cup) grated mozzarella cheese
2 tsp salt flakes
440 ml (1 ¾ cups) water

Salsa guasacaca (Venezuelan guacamole)

¼ white onion, roughly chopped
1 ripe avocado
½ jalapeno, roughly chopped
1 small garlic clove
½ cup coriander leaves and stems
¼ cup parsley leaves
1 tbsp white wine vinegar
1 ½ tbsp (30 ml) lime juice
Salt flakes and pepper, to taste

To serve

50 g butter, softened
Roasted pineapple chilli sauce
2 tbsp coriander leaves
1 cup shredded green cabbage

Miele accessories

Gourmet oven dish
Baking tray

METHOD

Slow cooked pork

1. Blend or process the spices, garlic, salt and olive oil until a smooth paste forms. Rub spice paste over the pork pieces.
2. Heat a gourmet oven dish on high heat, induction setting 8, for 5 minutes; brown the pork on all sides.
3. Add the juice, tomato, sugar, and the stock into the oven dish with the pork and bring to the boil.
4. Place the gourmet oven dish into a combi steam oven on shelf level 2 and select Combi mode: Conventional 130°C + 85% moisture and cook for 2 ½ hours, or until the meat shreds easily. Add more water if needed.
5. Use two forks to shred the pork into smaller pieces and mix with cooking liquid. Season to taste.

Pickled red onion and chillies

1. Place onion and chillies into a sterilized jar.
2. Combine the water, white wine vinegar, sherry vinegar, maple syrup and salt in a small saucepan on medium heat, induction setting 6, and simmer for 5 minutes.
3. Pour the pickling mixture over the onions and chillies. Cover and leave to cool for 30 minutes before using.

Arepas

1. Combine the masa harina, mozzarella and salt in a large bowl. Slowly add the water and mix with your hands until it comes together, you will get a very wet dough. Cover the bowl and rest in the fridge for 30 minutes.
2. Take the dough out of the fridge and form 6 balls of approximately 120 g. Flatten the balls between two sheets of cling wrap to get a 10 cm flat tortilla.
3. Preheat a frying pan on medium heat, induction setting 6. Cook each arepa for 5 minutes per side, or until golden brown; cool slightly.
4. Cut each arepa in half almost all the way, leaving one edge attached.
5. Preheat the oven on Moisture Plus with Fan Plus at 160°C with 1 manual burst of steam.
6. Place the arepas on a baking tray and into the oven on shelf level 2. Cook for 15 minutes, releasing the burst of steam immediately.

Salsa guasacaca (Venezuelan guacamole)

1. Add the ingredients to a blender or food processor and pulse until roughly chopped. Season to taste.

To serve

1. Spread a little butter inside the arepas. Fill with the guacamole, pulled pork, pickled onions and chillies, cabbage, and coriander. Serve with the roasted pineapple chilli sauce.

Alternative appliance method

- The pork can be cooked in an oven on Moisture Plus with Fan Plus at 130°C with 3 bursts of steam. Release 1 burst of steam immediately, the second burst after 15 minutes and the third after 30 minutes. The pork may need to be covered if the liquid starts to evaporate.

Hints and tips

- Masa harina is a corn flour used to make dishes such as tortillas, arepas and tamales. It is made by cooking dried corn kernels in lime (called nixtimalisation) and then grinding them to make a dough. This is then dried and packed as masa harina. It can be found in specialty stores and some Asian grocers.
- Arepas originate from indigenous tribes in Colombia and Venezuela, both countries make their arepas using corn dough, but the way in which they are served is what distinguishes one from the other.
- To conserve energy, it is possible to cook the pork without preheating the oven thanks to Miele's quick heat up times.
- The pickled onions and chillies can be kept for several weeks in the fridge. The pickled onions and chillies can be made separately or together.
- A mixture of orange juice and lime juice can be substituted for the grapefruit juice.

