



richard sandoval
R E S T A U R A N T S

MUSHROOM AREPAS

Serves 4 – Makes 12 Arepas

From the store-

4oz Guacamole (house made or store bought)

2 oz sour cream

1 ea Serrano Pepper, thinly sliced

sesame seeds

MUSHROOM MIX

5 oz shitake mushroom (de stemmed)

5 oz oyster mushroom

5 oz Honshimiji mushroom

2T olive oil

Salt and pepper to taste

Sauté all ingredients in olive oil and season to taste

DOUGH

9 oz Arepa flour (yellow corn meal)

2T olive oil

1T salt

10 oz water

Combine all ingredients in a mixing bowl and mix until combined. Roll and cut into 2 inch rounds, 1 inch thick

Add 1T oil into a pan and bring to medium heat

Slowly cook the arepa in the oil until golden brown on both sides.

Remove from oil and season with salt

Cut the Arepa in half width wise

To build-

Place the Arepa round on a seasoning tray or baking sheet

Place the guacamole on the Arepa

Place the mushrooms on the guacamole

Top the mushrooms with a drizzle of crema fresca or sour cream

Place one slice of serrano chile above the mushroom mix and garnish with sesame seeds