

**Cultural contribution to  
the Venezuelan people**  
By Chef Saul Agüero





# fogonero

venezuelan comfort food

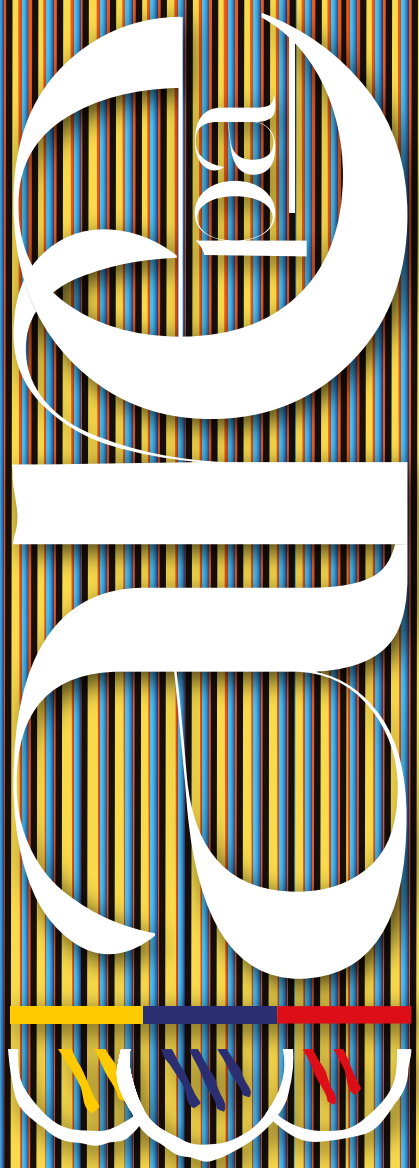
At Fogonero Restaurant, we have dedicated our heart and soul to Venezuelan cuisine, and today I am pleased to present this digital book, the first of many that we have dreamed of.

Through these pages, I wanted to preserve and celebrate our cultural and gastronomic roots, paying tribute to the richness of our land and traditions; each recipe, each story, reflects the passion we feel for sharing the best of Venezuela. I am excited for you to join us on this journey, where we will explore together the flavors that have defined us and continue to nourish our lives. Welcome!



*Saul Agüero*  
Chef Saul Agüero





Cultural contribution to the Venezuelan people

By Chef Saúl Agüero

# *The history of the Arepa.*

The arepa is one of the most emblematic and beloved food of Venezuela.

● **Estefanía Mendoza** | CEO Quiron Agency

*"Its origin dates back to the pre-Columbian indigenous cultures that inhabited the Venezuelan territory more than 3,000 years ago".*

*Using corn as a base, the ancient inhabitants created discs of cooked dough that, over time, evolved to become the arepa we know today.*

*This food has crossed borders, becoming a symbol of Venezuelan gastronomy in the world.*

*Its versatility allows it to be the perfect accompaniment to any meal, or even the main course, with a wide variety of fillings that vary according to regions and personal tastes.*

## **TIMELINE**

*Relevant moments in the history of the arepa.*

*3,000 B.C.: the indigenous peoples of Venezuela begin to prepare the corn breads that would give rise to the arepa.*

*16th century: with the arrival of the Spanish colonizers, the existence of the arepa is documented for the first time. The food is still a fundamental part of the local diet.*

*1954: Luis Caballero Mejías obtains the patent in Venezuela for dehydrated corn dough. Later, he would sell it to Empresas Polar.*

*1960: PAN is founded, the brand that would revolutionize the preparation of arepas by introducing pre-cooked corn flour, facilitating their preparation in Venezuelan homes.*

*1980-1990: the arepa gains popularity outside Venezuela thanks to the emigration of Venezuelans, who take the tradition to different countries.*

*2012: World Arepa Day is celebrated for the first time, an initiative promoted by the Venezuelan community abroad.*

*Today: the arepa is recognized worldwide as a symbol of Venezuelan identity, appreciated by locals and foreigners alike..*

In 1960, a precooked corn flour is launched on the market, which facilitates the process and reduces it to minutes.

# “The Piladera is over!”

● Lorenzo Mendoza Fleury | CEO Empresas Polar 1960



“An entrepreneurial spirit, intuitive, enthusiastic and always oriented to excellence.”

## “AREPA”

*The word “arepa” is believed to have originated from the indigenous voice “erepa,” which meant corn in the language of the original peoples of Venezuela.*

### *Grilled, fried or baked?*

*Although the most common way of cooking arepas today is on a budare (griddle) or pan-roasted, in some regions of Venezuela they are prepared fried or baked, being especially popular in the Andes and some parts of the eastern part of the country.*

### *Flour diversity*

*In some regions of Venezuela, such as the Andes, wheat flour is used, which is known as “Andean arepas”.*

### *Arepas and NASA*

*Franklin Chang Díaz, a Costa Rican-Venezuelan astronaut, enjoyed an arepa aboard the International Space Station in 2015, becoming the first astronaut to eat an arepa in space.*

### *Arepa vs. bread*

*The arepa is consumed daily in many homes, displacing the consumption of bread, where it is sometimes preferred over a sandwich or a baguette.*

### *Symbol of identity*

*In 2014, the arepa was declared the most symbolic food of Venezuela in a survey conducted by the Center of Studies for the Gastronomic Identity of Venezuela, being appreciated by both Venezuelans and foreigners.*

Miss Susana Duijm

Miss Mundo | 1960

fogo  
nero

Arepa Month -2024

03

The True "Reina  
Pepiada" of Venezuela

the  
no. 01

# Susana Duijm and the Reina Pepiada

Oscar Yanes | "Asi son las cosas"

La Reina Pepiada, the origin of its name, has an interesting history.

In 1955, Susana Duijm, a Venezuelan, won the Miss World contest, being the first Latina to obtain this title.

In her honor, La arepera de los hermanos Alvarez on Gran Avenida in Sabana Grande, Caracas. It was decided to create a new recipe with a special filling of chicken, avocado and mayonnaise. The name "Reina Pepiada" combines the word "reina" in honor of Susana Duijm's title, and "pepiada," a colloquial Venezuelan term that at the time referred to a curvy or attractive woman. Thus was born the Reina Pepiada, one of Venezuela's most iconic arepas.

The Fogonero family feels a true passion for sharing the rich flavors and traditions of Venezuela with each of you.

The arepa, for us, is more than a simple dish; it is a symbol of home, warmth and culture that unites us. This emblematic food carries with it the essence of our history, the effort of generations and the pride of our people, all encapsulated in every bite.

In every arepa we prepare, we try to transmit the love and dedication that characterize our gastronomy.

We want to take a special moment to thank you, yes! for being

part of this exciting journey with us. Whether you're enjoying your first arepa or it's been a lifelong favorite, your support means the world to us.

It's your love for authentic, flavorful food that inspires us every day to continue bringing the best of Venezuelan cuisine to our tables.

We hope this ebook has not only taught you a little bit about the history and rich tradition behind the arepa, but also inspired you to try new fillings and combinations.

There is an arepa for every taste and for every occasion, from the most traditional to the most innovative, so don't hesitate to experiment in your kitchen!

We would love to see you soon, sharing with us our passion for Venezuelan food.

Thank you for being part of our family and for allowing us to share a little

piece of Venezuela with you, see you soon!

With gratitude,



*SAA*  
 Chef Saul Agüero

# Traditional Arepa Recipe

## Ingredients | Preparation

### Ingredients

2 cups of precooked corn flour  
2 ½ cups of water  
1 teaspoon salt  
1 tablespoon oil (optional)

### Preparation:

In a large bowl, mix the water with the salt. Add the corn flour little by little, mixing with your hands. Knead until the dough is homogeneous and without lumps. Let it rest for 5 minutes. Form dough balls and flatten them until they are about 1 cm thick.

Heat a frying pan or griddle over medium heat. Cook the arepas until golden brown on both sides (about 5-7 minutes).

For an extra touch, bake them at 180°C for 10 minutes after browning.

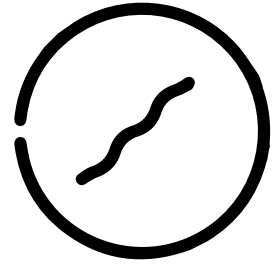
*“and already to the dream delivered seeing goes while dreaming that the sky is a budare, the moon is a arepa and a big plate of grated cheese, the stars, while the clouds evoke of so tender, licks of fine Danish butter.”*

**Aquiles Nazoa** | Poeta

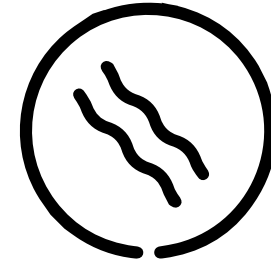
Although the classic fillings are the best known, creativity in known, creativity in the kitchen has allowed the creation of new the creation of new combinations:



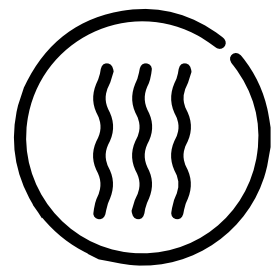
Typical Recipes  
by State of  
**Venezuela**



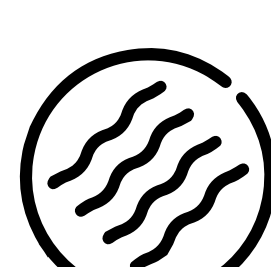
**Reina Pepiada:** Shredded chicken, mayonnaise, avocado and, in some versions, petit pois. It is one of the most popular fillings.



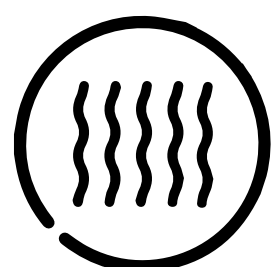
**Carne Mechada:** Shredded beef with sautéed peppers, garlic, onion and tomato.



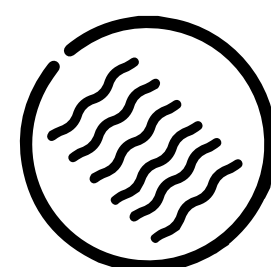
**Queso y Jamón:** The classic filling for a quick and delicious breakfast.



**Domino:** Mixture of caraotas (black beans) and and grated white cheese.



**Perico:** Scrambled eggs with tomato, onion and peppers.



**Capresa:** Tomato, fresh basil and mozzarella cheese, dressed with olive oil.

## Local ingredients:

**Zulia (Arepa Cabimera):** *This version has cabbage salad, ham, grated cheese, egg and a delicious mayonnaise and ketchup sauce.*

**Andes (Arepa Andina):** *Prepared with wheat flour instead of corn, it is typical of the states of Mérida, Táchira and Trujillo. It is usually served with fresh cheese and whey.*

**Llanos (Arepa Llanera):** *It is filled with shredded meat or grilled beef, avocado and hand cheese.*

**Oriente (Arepa Margariteña):** *A delicious mixture of stewed fish, typically cazón (baby shark), is the preferred filling in the eastern region.*