DIRECT · EASY

# Reina Pepiada Arepas on a Budare in the Kamado, Crisp Outside

*Arepas of precooked white maize flour on a cast-iron budare inside the kamado: a crust over medium heat, lid closed so they puff up, and a reina pepiada filling of roast chicken, avocado, mayonnaise and coriander.*



| PREP | COOK | SERVINGS | TEMPERATURE |
|---|---|---|---|
| 30 min | 60 min | 3 | 200 °C |

## Ingredients

- **360 g** precooked white maize flour
- **7 g** fine salt for the dough, and a little more for the filling
- **400 g** roast chicken, shredded (breast and thigh, skinless)
- **80 g** mayonnaise
- **60 g** white onion, very finely chopped
- **1 ud** garlic clove, grated
- **480 ml** warm water
- **15 ml** sunflower oil, for the hands and the budare
- **2 ud** ripe avocados (about 300 g of flesh)
- **15 g** fresh coriander, chopped
- **1 ud** lime, juiced

## Method

1 TEST IT COLD

With the kamado cold and no deflector in, set the Victoria budare in the centre of the grate of the Kamado Bono Media and lower the lid slowly. The handle must not touch the rim or the dome; if it does, the budare is no use in this kamado with the lid closed. About 3.5 cm of grate is left free on each side. Take out the grate and budare so you can light the charcoal.

2 LIGHT AND HEAT TOGETHER

Fill the firebox with NaturBraza marabú charcoal to the rim of the ring and light one spot in the centre, vents open. After 10 minutes, while the ceramic is still only warm, put on the WMF gloves and set the grate, then the budare, using both hands (it weighs 5 kg) and keeping clear of the kamado's mouth. Close the lid and shut the vents down until it settles at 190-200 °C. Once it has held steady for a while, give it 15-20 minutes more: the iron takes time to heat through.

3 MAKE THE FILLING

While the kamado heats, shred 400 g of roast chicken with two forks. Mash the avocados with the lime juice, the garlic and a pinch of salt, then mix in the mayonnaise, onion and coriander. Fold in the chicken and taste for salt. If you roast the chicken for this recipe, do it beforehand, to 74 °C in the thickest part of the breast, and let it cool in the fridge before mixing. Keep the mixture covered in the fridge until filling time.

4 KNEAD

Dissolve 7 g of salt in 480 ml of warm water and add 360 g of precooked white maize flour a little at a time, stirring by hand so it does not lump. Knead for 2-3 minutes until the dough is smooth and not sticky, cover and rest for 5 minutes so the flour hydrates. If the edge cracks when you press a piece flat, add a spoonful of water.

5 SHAPE

Rub your hands with a few drops of oil and divide the dough into 6 balls of about 140 g. Flatten each between your palms into a disc 11 cm across and 1.5 cm thick, turning it so it comes out round. Smooth the edge with a damp finger: a cracked edge opens on the budare and the arepa dries out. Lay them on a plate, not stacked.

6 FIRST SIDE

Wearing the WMF gloves, burp the lid: raise it about 5 cm, wait about 5 seconds, then open fully with your face turned away (why). Wipe the budare with a folded, oiled piece of kitchen paper held in long tongs, then lay the 6 arepas, 5 around and 1 in the centre, 1 cm apart and clear of the rim. Close the lid and leave them 7-8 minutes untouched: once the crust has formed, they release by themselves.

7 TURN

Burp the lid again and turn each arepa with the Weber Precision spatula: slide it flat underneath, without scraping the enamel, and flip in one go. When you flip them, swap the centre one with an outer one: the iron runs hotter over the coals. Close the lid for another 7-8 minutes at 190-200 °C. Lift one out with the spatula and rap it with your knuckles: if it sounds hollow, they are done; if it sounds dull, give them 2-3 more minutes with the lid closed.

8 SPLIT, FILL AND SHUT DOWN

Move the arepas to a board, leave for 2 minutes and split each along the edge with a serrated knife, stopping before the far side, like a pocket. Fill each with about 120 g of reina pepiada and serve. Close the kamado vents and let the budare cool inside, with the ceramic: no water, and no carrying it hot onto a cold worktop.

## Editor's tips

- Correct the dough by the spoonful: if the edge cracks when you flatten it, it needs water; if it sticks to your hands, it needs flour. Better to adjust before shaping than to patch things up on the budare.

- The enamel needs no seasoning, but it does need treating like glass: clean it only once cold, with warm water and a soft brush, never wire wool, and dry it before storing.
- Leftover arepas keep for a day in the fridge wrapped in cling film. Revive them for 4-5 minutes a side on the budare over medium heat, and the crust crisps up again.
- With leftover chicken the clock rules: into the fridge within two hours of roasting, and into the arepa within three or four days at most.

## Gear for this recipe

### Victoria 38526: 38 cm round enamelled cast iron budare

*This recipe is the use a budare exists for: arepas on thick, flat iron. The 38 cm, 5 kg Victoria stores more than enough heat that six discs of cold dough do not cool it when they land, and its round shape leaves free air around it inside a kamado with a roughly 45 cm grate, which a rectangular griddle would not. It is enamelled: it goes in with the kamado cold, the arepas are turned with a flat spatula, and it cools down inside the ceramic. The one doubt is the handle, whose measurement the product page does not publish, so the lid has to be tested cold before lighting.*

mikamado.es/en/accesorios/victoria-budare-hierro-fundido-38

---

### Kamado Bono Media 51 cm

*The Kamado Bono Media has a 51 cm body and a roughly 45 cm grate (44.5 cm for the cast-iron spare, according to the distributor). With the 38 cm budare centred, about 3.5 cm is left on each side, just enough margin for air to rise past the edge and for the dome to keep working as an oven with the lid closed. That is what lets the arepa be made in one place: crust underneath on the iron and the top face cooked by the ceramic's radiant heat, with no transfer to an oven afterwards. And the thermal mass of the ceramic holds 190-200 °C with the vents almost closed.*

mikamado.es/en/kamados/kamado-bono-media-51

---

### NaturBraza marabu charcoal, pack of two 5 kg bags (10 kg)

*Arepas ask for medium, steady heat for close to an hour, counting the lighting, the budare's warm-up and about 15 minutes of cooking. NaturBraza marabú charcoal is very dense wood: it burns slowly, with a short flame and little ash, the profile that holds 190-200 °C with the vents almost closed without opening up to refuel. The product page publishes neither the grade nor an ash figure, so it is best to light a single spot in the centre and let the bed spread by itself rather than lighting the whole firebox, which would push the chamber past what the enamel and the dough need.*

mikamado.es/en/accesorios/naturbraza-carbon-marabu-2x5kg

---

### WMF BBQ Heat-Resistant Leather Gloves 40 cm (Pair)

*A 5 kg budare over the coals, with the dome at 200 °C, is at least that hot all the way through, handle included, and every time the lid opens an arm goes over the mouth of the kamado. The WMF leather gloves, at 40 cm, cover the hand and a good part of the forearm, which is what brushes the ceramic rim when placing or turning the arepas. They serve for the burping too, with the hand kept clear of the gap under the lid. And they are what you put on to set the grate and the budare over the lit charcoal. At the end the budare is not taken out: it cools inside, and the gloves are there for lifting the grate the next day.*

mikamado.es/en/accesorios/wmf-bbq-guantes-cuero-40cm

---

### Weber Precision Grill Spatula (6769)

*The arepa is turned once, in a single move, and that takes a thin blade that slides under the crust without breaking it. The Weber Precision spatula has an edge bevelled on three sides and a long handle, so it goes in flat under each disc from the rim of the budare with your hand outside the dome. It is stainless steel on an enamelled budare: used for sliding and lifting, never for scraping or striking the iron, because enamel is glass. Waiting for the crust to form, 7-8 minutes, lets the arepa release by itself so the spatula never has to force it.*

mikamado.es/en/accesorios/weber-espatula-precision

Full recipe at: mikamado.es/en/recetas/arepas-reina-pepiada-budare-kamado

As an Amazon Associate, mikamado.es earns from qualifying purchases. At no extra cost to you.