



# SWEET PLANTAIN & STEAK AREPAS WITH HOT SAUCE

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<https://www.mccormick.com/flavor-forecast>

## Recipe Details

**Plantain arepas make a sweet home for a Greek-inspired steak filling, seasoned with McCormick Culinary® Garlic, Oregano and Lemon & Pepper. A hot sauce mash-up of Greek tzatziki and Columbian hot sauce (Aji Pacante) finishes off this hand-held meal.**

Recipe makes 12 (1 arepa) servings.

## For the Sweet Plantain Arepas:

1. Heat oil in large cast iron skillet on medium heat. Add plantains; cook until golden brown, stirring occasionally. Remove plantains; set aside.
2. Place milk, water and 1/4 cup (1/2 stick) of the butter in small saucepan. Cook on medium heat about 5 minutes or just until butter is melted. Remove from heat; cool slightly.
3. Combine masarepa and sea salt in medium bowl. Pour the milk mixture slowly into masarepa mixture, stirring until liquid is fully absorbed. (Mixture may be slightly lumpy.) Add plantains and knead mixture with hands until smooth and plantains are fully incorporated. Divide dough evenly into 12 balls. Flatten each ball into a disk about 4-inches in diameter and 1/2-inch thick.
4. Melt 1 tablespoon of the remaining butter in same cast iron skillet on medium-high heat. Cook arepas in batches about 6 minutes per side or until golden brown and slightly crispy, pressing on arepas slightly. Adjust heat to medium-low if arepas are browning too quickly. Add additional butter to skillet between batches if needed. Transfer arepas to a platter; cool slightly.

## For the Tzatziki Sauce:

1. Process habanero, lime juice, vinegar, sugar and sea salt in blender or food processor until smooth. Mix tomatoes, cucumber and green onions in medium bowl. Add habanero mixture; toss to coat. Gently stir in yogurt and cilantro. Refrigerate until ready to serve.

## For the Steak:

1. Brush steak with oil. Sprinkle with lemon & pepper seasoning, garlic powder and oregano. Grill over medium-high heat until cooked to desired

### SWEET PLANTAIN AREPAS | INGREDIENTS | SERVES 4

1 TABLESPOON OLIVE OIL  
2 EACHES PLANTAINS, PEELED AND CUT INTO 1/4-INCH DICE  
2 CUPS MILK  
2 CUPS WATER  
1/2 CUP UNSALTED BUTTER, DIVIDED  
3 CUPS MASAREPA (PRE-COOKED CORNMEAL)  
1 1/2 TEASPOONS **MCCORMICK CULINARY \* SEA SALT, MEDITERRANEAN FINE GRIND**

### TZATZIKI HOT SAUCE | SERVES 4

1 EACH SMALL HABANERO CHILE (ABOUT 1-INCH LONG), STEM REMOVED  
2 TABLESPOONS LIME JUICE  
1 TABLESPOON WHITE VINEGAR  
1 TEASPOON SUGAR  
1/2 TEASPOON **MCCORMICK CULINARY \* SEA SALT, MEDITERRANEAN FINE GRIND**  
1 CUP VINE-RIPENED TOMATOES, SEEDED AND FINELY CHOPPED  
3 EACHES GREEN ONIONS, FINELY CHOPPED  
1 CUP PLAIN GREEK YOGURT  
2 TABLESPOONS FRESH CILANTRO, FINELY CHOPPED

### STEAK | SERVES 4

1 POUND SKIRT STEAK  
1 TEASPOON OLIVE OIL  
1 TEASPOON **LAWRYS \* LEMON & PEPPER SEASONING, SALT FREE**  
1/2 TEASPOON **MCCORMICK CULINARY \* GARLIC POWDER**  
1/2 TEASPOON **MCCORMICK CULINARY \* OREGANO LEAVES, MEDITERRANEAN STYLE**  
1/2 EACH MEDIUM RED ONION, THINLY SLICED

doneness. Let stand for 5 minutes. Cut into thin strips.

## For Assembly:

1. Slice each arepa crosswise about 2/3 of the way to make a pocket. Spread Tzatziki Sauce evenly in each arepa. Top with steak strips, onions and additional Tzatziki Sauce, if desired. Serve immediately.

**RECIPE TYPE: TAPAS**

**CUISINE: EUROPEAN**

**PREP TIME: 45 MINUTES**

**TOTAL TIME: 90 MINUTES**

## NUTRITION INFORMATION (PER SERVING)

**CALORIES: 366**

**SODIUM: 408**

**CARBOHYDRATES: 46**

**PROTEIN: 14**

**FIBER: 4**