

# Making Tortillas

## Flour Tortillas

- 3 cups of white all-purpose flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- ½ cup vegetable shortening
- 1 cup hot water

Mix the flour and salt. Mix in the vegetable shortening by hand until the mixture resembles small peas. Add the water slowly until you have a soft elastic ball. You may need to add a little water but do it slowly. You may not really need as much water as you think you do. Knead until smooth. Cover with a damp towel and then let rest 15 minutes. Make about 7-9 equal size balls. Flatten and roll each ball into a flat round disk. Cook on a very hot cast iron skillet. No oil is necessary. Flip when bottom side is golden, the top should be bubbling slightly when ready. Use a spatula to lift the edge and check for doneness before flipping completely. Keep the cooked tortillas warm by covering with a damp towel while you continue to cook.

## Wheat Tortillas

To make wheat tortillas, use the above flour tortilla recipe and substitute wheat flour for ¼ to 2/3 of the white flour. Wheat flour is a little tougher, so the amount used is based on your personal taste. You may substitute all the white flour if you wish but use less than called for.

## Corn Tortillas

Unlike flour tortillas, corn tortillas usually do not contain any added oil. They can be made with corn flour, but the traditional recipe uses something called masa harina or masa flour. Masa harina is made from corn soaked in lime and then dried and ground into a powder. I know it doesn't sound very appetizing, but masa is a traditional ingredient in many dough containing Latin American dishes, such as tortillas and tamales. Masa can be found in any Hispanic neighborhood and some larger supermarkets as well.

- 2 cups masa harina or corn flour
- 1 ¼ cups hot water

Mix masa and water by hand until all the tortilla mix is moistened and a dough forms. Add more water if necessary. Cover with damp towel and let rest 10 minutes. Make about 12 one-inch balls. Flatten and roll each ball into a tortilla. Cook on a very hot cast iron skillet. No oil is necessary. Flip when the edge starts to stiffen and the top looks dry. Use a spatula to lift the edge and check for doneness before flipping completely. Keep the cooked tortillas warm by covering with a damp towel while you continue to cook.