

CORN TORTILLAS

It has been a little while since I have made these, but I got inspired again after talking to my neighbors. That was a little while ago too, but now I have FINALLY gotten back around to it. Not really too much to this one, but I did a little research all the same

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
2	Cups	Masa Harina
AR	-----	Extra Masa Harina (in case needed)
1 1/2	Cups	Water
AR	-----	Extra Water (in case needed)
1/2	TSP	Kosher Salt
AR	-----	LVO

Masa Harina... Helene specifically recommended Bob's Red Mill. Well, she recommended the organic version which I failed to realize until after I bought the non-organic version

If your tap water is funky, use bottled or distilled water

Insert standard blurb about salt here

SPECIAL TOOLS

- Tortilla press [iii]

PREPARATION

- 1) Whisk the masa harina and salt together in a decent size bowl (you know, large enough to fit in the ingredients and be able to mix it around)
- 2) Heat the water to about 120 deg. F [i]
- 3) Mix the water into the masa harina a little bit at a time
- 4) Continue to mix until the masa harina and water are evenly and thoroughly incorporated
- 5) Turn out the dough on to a clean work surface
- 6) Knead until the dough ball is pliable and smooth
 - a. If the dough is too sticky, sprinkle in some more masa harina, a little at a time. If the dough is too dry, dip your fingers in the extra water and sprinkle on the dough, a little at a time
- 7) Apply a VERY light coating of LVO to the dough and wrap in plastic wrap
- 8) Let the dough sit out for 1 hour
- 9) Heat cast iron pan on medium-high
- 10) Divide the dough into 16 equal balls
- 11) Cut a Ziploc bag along its seams into two halves

- 12) Apply VERY, VERY light coating of LVO to one side of each half with a paper towel
- 13) Apply a VERY light coating of LVO to the cast iron pan. Wipe out any excess with a paper towel [ii]
- 14) For each dough ball
 - a. Place one of the halves of Ziploc bag on the bottom part of tortilla press, oiled side up
 - b. Place a dough ball on the press about half-way between the center and the hinge
 - c. Place the second half of the Ziploc bag on top of the dough ball, oiled side down
 - d. Press down with the top half of the press
 - e. The end result should be a more or less even circle of about 6 inches. If it is not where you like it, rotate the dough and press again as required
 - f. Immediately place the dough circle into the cast iron pan for about 30-45 seconds [iv]
 - g. Flip the dough circle and cook another 30-45 seconds [iv]
 - h. Flip the dough circle and cook another 30-45 seconds [iv]
 - i. Continue to flip and cook until you get your desired level of browning [iv]. If you are going to fry later for tostadas or taco shells, you may wish to forgo this step
 - j. Place the tortilla on a plate and cover with a clean towel
- 15) For tostadas or taco shells, let the tortillas cool completely and dry out bit, then fry in oil
- 16) Otherwise, ENJOY!!!

CLOSING THOUGHTS

Not much to this one. I think it is definitely well worth the little bit of time it takes

NOTES

- i. uWave works great for this. Should only take a minute or two
- ii. Careful!!! It will be hot!
- iii. If you don't have a tortilla press, you can use a heavy pot or pan. Or you can roll it out with a rolling pin
- iv. Lightly press down the more aggressive puff ups with your fingers if it puffs up unevenly

PICTURES



