

CORN TORTILLAS

INGREDIENTS

2 cups masa harina (corn flour, found near other flours in the baking aisle, do not use cornmeal.)

1 ½ cup hot water

1 teaspoon salt

METHOD

Measure the masa harina into a bowl.

Dissolve the salt in the hot water and then pour into the masa. Mix well with a fork and then with your hands until it holds together.

Turn the dough out onto the counter and then knead it for a few minutes. Set the dough aside and allow it to rest for 10 – 15 minutes. If it seems too dry at any point, add more water one teaspoon at a time. It should be moist enough to hold together well and be pliable, not crumbly.

Form the dough into balls about the size of a golf ball. Cut open a plastic Ziploc bag or use parchment paper. Put the ball of dough in between the layers of parchment paper or plastic, and press until it is very flat with either a tortilla press or by putting it on the counter and pressing down with a flat dish or plate.

Heat a skillet over medium-high heat. Do not add any oil. Cook each side of the pressed tortilla for a minute or two, or until it just begins to brown. Be sure to keep checking and flipping as you cook the tortillas so that they don't burn.