

Tortillas



Ingredients

3c white flour or a mix of 1c wheat flour and 2c white flour
½ teaspoon of salt
1 teaspoon baking powder
½ cup vegetable shortening
1 cup of hot water

Equipment

griddle or cast iron skillet
large bowl for mixing
wax paper
rolling pin,
knife or pastry cutter
spatula for flipping

Instructions

Mix flour, salt, and baking powder in the large bowl. Break up and incorporate the lard into this mixture by hand until it resembles small peas. Add the water slowly until you have a soft elastic ball. Knead until smooth. Cover with a damp towel and allow the dough to rest for 15 minutes.

Now you are ready to separate the dough into 7-9 equal-sized balls. I found it easiest to roll the dough into a log and use a pastry cutter make equal strips that can be formed into balls or thick pancakes. Place the dough between two sheets of wax paper to roll it out into a tortilla. This keeps the dough from sticking to the rolling pin or your work surface. The tortillas need to be rolled very thin - almost translucent. This is why the wax paper works so well. I reused the same several sheets of wax paper to complete the whole batch. If you are using a little wheat flour to make your tortillas sprinkle some flour on the wax paper to help it peel off easier.

Once you have rolled all your tortillas out you can cook them in a very hot cast iron skillet or griddle. You do not need to add any oil to your pan or griddle. The top will begin to bubble slightly when it is ready to flip. To check for doneness prior to flipping use a spatula to lift the edge and look for a golden brown color. Tortillas do not taste as good if they are flipped several times, so try to flip them only once. Do not worry about a few brown spots they actually add flavor. When the tortilla is ready, flip it from the bottom. You can keep cooked tortillas warm by covering them with a damp paper towel.