

#10 WHEAT OR WHITE FLOUR TORTILLAS

INGREDIENTS

3 cups whole wheat or white flour
1 stick softened butter (½ cup)
½ teas salt
1 cup very hot water

DIRECTIONS

1. Mix flour and salt together.
2. Add softened butter and mix with fingers until crumbly.
3. Add 1 cup of very hot water.
4. Mix to form a dough. If all flour doesn't mix, add 1 TB of water at a time until a soft and manageable dough is formed.
5. Set aside for 1 hour.
6. Roll into a log and cut it in several pieces depending on how large you want the tortillas.
7. Roll each piece into a ball. With your hands or a rolling pin, spread dough into a very thin circle.
8. Heat a skillet or fry pan on high.
9. Fry at a high temperature until edges look dry.
10. Flip over and fry until bottom is slightly browned.
11. As you will be cooking tortillas one at a time, stack the already fried ones in a napkin with a napkin in-between the layers and put into a plastic bag.
12. To fold them, put a napkin around them and fold them in half. Put another napkin on the top and press together. When they are puffed up, they are done.
13. When all are fried, add beans, rice, cheese, lettuce, tomatoes, left-over vegetables etc.

CORN TORTILLAS

INGREDIENTS

1 cup corn flour
½ teas salt
1 cup hot water

DIRECTIONS

1. Mix well. Let rest for 10 minutes.
2. Divide dough into balls.
3. You can flatten by putting plastic wrap on ball and pressing down with a plate until you have a very thin round circle or use hands or rolling pin.
4. Fry at high heat on a griddle or fry pan about 3 minutes until lightly brown.
5. Turn over and fry on the other side.
6. To keep already fried tortillas warm while frying the rest, place each in-between towels.

You can make 1 ½ cups corn flour and 1 ½ cups wheat or white flour.

DIRECTIONS

1. Add ½ teas salt
2. ¾ cup hot water or broth.
3. Mix well.
4. Make into balls, flatten and fry.

Recipes by Antonietta Terry