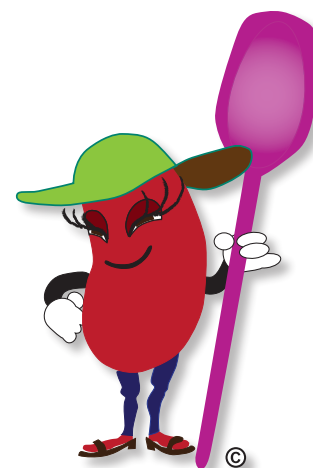


Beans, Rice And Everything Nice



original recipe by beansriceeverythingnice.weebly.com

Corn Tortillas



Ingredients

makes 12 tortillas

2 cups masa harina

1-1/3 to 1-1/2 cups hot water

pinch of salt (optional)

1. Measure the corn masa into a large bowl or a food processor. Start the processor and add the water a little bit at a time until it forms a large cohesive slightly sticky ball that cleans the bowl. If it seems too sticky, add a little more flour a Tablespoon at a time. If it seems too dry, add a little more water a Tablespoon at a time. You want this dough to be slightly sticky as it will dry out while it sits.
2. Remove the ball from the bowl or food processor, knead it into a smooth ball, and form a roughly 30cm(12in) long cylinder. Cut into 12 even slices. Form each slice into a ball and place in a large bowl. Cover the bowl with a plastic bag to keep the dough from drying out.
3. Take a ball of dough and form it into a flat disk and place it in the centre of a tortilla press lined with plastic (I use an old plastic produce bag with the seams cut open). Press. Open the press and turn the disk 1/4 turn and press again. Repeat this step 2 more times, forming an evenly pressed 6 inch flat tortilla.
4. Heat a cast iron pan over medium heat. When hot, carefully peel the tortilla from the plastic and place on the hot pan. Cook this first side very briefly—only 30 seconds. The top will still look moist, but the edges will start to lift from the pan. Flip and cook the other side for 90 seconds. Flip and cook the first side again for another 90 seconds. If the tortilla is pressed evenly (with no thin spots) and not overcooked on the first side, it will start to puff up on this last flip.
5. Place the cooked tortilla in a tortilla warmer or on a plate between the folds of a clean dish towel. It will be a bit stiff when you remove it from the pan but will soften as it steams in the towel or the warmer.
6. Continue until all the tortillas have been made. If the pan gets a little hot, splash it with cold water and let the water evaporate before continuing with the rest of the tortillas.