



Wheat Tortillas

Season: All

Type: Basics & Breads

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Recipe Source: Adapted from an original by Esther Nelson

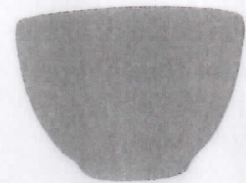
Make these Mexican flat breads as thin as possible so they cook really quickly and get really crisp – you'll be surprised at how they bubble up in the pan.

Equipment:

metric scales, cups and spoons
large bowl
heavy-based frying pan

Ingredients:

450 g plain flour
1 tablespoon butter
1 teaspoon baking powder
¼ teaspoon salt
1 cup warm water



What to do:

- Mix together the flour, baking powder and salt in large bowl. Rub in butter to resemble texture of polenta. Add water slowly, mixing with your hands to make a soft dough. You may not need all the water, but add a little if the dough seems too dry.
- Knead a few minutes on floured surface until smooth and elastic. Lubricate top with oil, put back in bowl and let rest, covered for 10 minutes.
- Divide into small balls the size of golf balls and proceed to roll out into a 10 cm circle, about 1 mm thick. (Ensure you make enough for all diners to have at least half a tortilla.)
- Cook in dry heavy frying pan until top is slightly bubbly then turning on opposite side for a minute or two. Keep stacked and warm inside a clean tea towel.