

Homemade Tortillas

Bialik College Kitchen Garden Program



Ingredients:

- 3 cups of flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/3 cup rice bran oil
- 1 cup warm water

Equipment:

- Stand mixer with dough hook
- metric measuring cups/spoons
- baking paper
- Tortilla press

Method:

1. Combine flour, salt & baking powder in a bowl of a Stand Mixer.
2. With the dough hook attached, mix dry ingredients until well combined.
3. Add oil and water with mixer running at a medium speed. Mix for 1 or 2 minutes until dough is smooth.
4. Place dough on a floured bench. Divide dough in half and then half again. Continue until you have 16 fairly equal portions. Form each piece into a ball and flatten with the palm of your hand. If dough is sticky, use a bit more flour.
5. Cover dough with a tea towel and allow to rest for 15 minutes.
6. Heat a large pan over medium/high heat. Place each piece of dough into a lined tortilla press and flatten.
7. Place one dough circle into pan and allow to cook for about a minute until the bottom surface has a few brown spots or bubbles begin to show. Flip to the other side and cook for 30 seconds. You want the tortilla to be soft but have a few spots on the surface.
8. Remove from pan and stack in a covered container to keep them warm. Wipe out the pan in between tortillas if flour is starting to accumulate.

Serves 16