



CORN TORTILLAS

Corn (maize) was central to the Mayan food culture. Masa harina is made from dried corn kernels soaked in lime water, dried and then ground into flour.

Ingredients

- **190g masa harina**
- **250ml warm water**
- **1 tablespoon olive oil**
- **upto ½ teaspoon of salt**
- **oil for frying**

Equipment: Weighing scales, measuring jug, mixing bowl, measuring spoons, wooden spoon, rolling pin, (tortilla press) or flat-bottomed dish/pan, 2 pieces of parchment or plastic freezer bag cut in half, cast-iron griddle or frying pan, clean tea towels.

Method

1. Weigh the masa harina into the mixing bowl and add a pinch of salt.
- 2. Measure tepid water into the jug. Pour in half the water and the olive oil and stir to combine. Add more water if the dough is dry. If the dough absorbs all the water but is still dry and crumbly, add more water a bit at a time. If the dough feels sticky or paste-like, add more masa.**
- 3. The dough is ready when it's smooth but no longer sticky and easily forms a ball in your hand.**
4. Divide into 18 pieces for small tortillas or and shape into smooth balls. Loosely cover with cling film and ideally rest the dough for 15-30 minutes. This gives the masa time to fully absorb the water and improves the taste and texture of the tortillas.
5. Place 1 ball of dough in between two sheets of parchment and flatten a little. Roll gently, keeping it in a circle.

WITH AN ADULT:

7. Warm a large, flat cast iron griddle or frying pan over medium-high heat. When ready, a few drops of water flicked onto the surface should sizzle immediately.

8. Peel away the top of the plastic, flip the tortilla over onto your palm, and peel off the back of the plastic. Place carefully in the pan.

9. Cook the tortilla for 1-2 minutes, until the edges are starting to curl up and the bottoms look dry and pebbly. Flip and cook another 1-2 minutes on the other side. When done, both sides should be dry to the touch and beginning to show some brown, toasted spots.

10. As you take cooked tortillas off the griddle, stack them up and wrap them in a clean kitchen towel. The tortillas will be a bit dry and brittle just off the griddle, but will continue to steam and soften inside the towel as you finish cooking the rest of the batch.