



MAKE AHEAD

To freeze cooled tortillas, stack them between waxed paper. Place the stack in a resealable plastic freezer bag and freeze up to 1 month. Thaw completely before using.

FLOUR TORTILLAS

PREP 30 minutes

STAND 15 minutes

COOK 1 minute per tortilla

2 cups all- purpose flour
1 tsp. baking powder
1/2 tsp. salt
2 Tbsp. shortening
1/2 cup warm water

1. In a medium bowl stir together first three ingredients (through salt). Using a pastry blender, cut in shortening until combined. Gradually add the warm water, stirring until mixture comes together (if needed, add more water, 1 tablespoon at a time). Knead dough 15 to 20 times. Cover and let stand 15 minutes.
2. For 6-inch tortillas, divide dough into 12 portions (for 8-inch tortillas, divide dough into eight portions). Shape each into a ball. On a lightly floured surface, roll each ball into a 6- or 8-inch circle. Stack dough circles between waxed paper.
3. Heat an ungreased griddle or skillet over medium-high heat. Cook tortillas, one at a time, 30 seconds more or until edges curl slightly. Wrap in foil to keep warm while cooking remaining tortillas. **Makes 12 tortillas.**

PER TORTILLA 89 cal., 2 g fat (1 g sat. fat), 0 mg chol., 117 mg sodium, 15 g carb., 1 g fiber, 2 g pro.



1. THE DOUGH. The dough should be the consistency of modeling clay and should not crack when rolled into a ball.

2. THE PRESS. Longtime tortilla makers consider a plastic shopping bag the best material for pressing tortillas. In our Test kitchen, we preferred a 1-gallon resealable plastic bag. Using a clean plastic resealable bag or shopping bag, cut side seams. Press dough with your hands between

plastic to form a 6- inch dough circle.

3. THE PAT. pat the dough circle back and forth in your hands until it becomes less sticky. Then gently lay it on the hot griddle.

4. THE FLIP. when the first steam appears, flip it over. Turn the tortilla again when it starts to brown. Soon the tortilla will start to puff, which will make it more tender.

CORN TORTILLAS

PREP 25 minutes

COOK 2 minutes per tortilla

2 cups masa harina (corn tortilla flour)

1^{1/4} to 1^{1/2} cups warm water

1. In a medium bowl combine masa harina and 1^{1/4} cups of the warm water, stirring until mixture comes together. Knead to form a smooth dough that is firm but moist (see “The Dough”, *right*). If needed, knead in enough of the remaining 1/4 cup warm water, 1 tablespoon at a time, to reach desired consistency.

Cover with plastic wrap until ready to use.

2. Divide dough into 12 portions; shape each into a ball and place between waxed paper or resealable plastic bag (see “The Press”, *right*). Using a tortilla press or rolling pin, flatten into a 6-inch circle.

3. Peel off paper and gently pass tortilla from palm to palm several times before placing on an ungreased griddle. Cook 2 to 2^{1/2} minutes or until dry and light brown, turning occasionally.

Wrap in foil to keep warm while cooking remaining tortillas.

Makes 12 tortillas.

PER TORTILLA 73 cal., 1 g fat (0 mg sat. fat), 0 mg chol, 1 mg sodium, 16 g carb., 2 g fiber, 2 g pro.

