

# MAKE

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

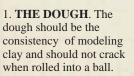
2 cups all- purpose flour 1 tsp. baking powder 1/2 tsp. salt 2 Tbsp. shortening 1/2 cup warm water

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, I 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), O mg chol.,

117,mg sodium, 15 g carb., 1 g

fiber, 2 g pro.





#### 2. THE PRESS.

Longtime tortilla makers consider a plastic shopping bag the best material for pressing tortillas. In our Test kitchen, we preferred a1-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<sup>1/4</sup> 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<sup>1/2</sup> 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.

