

How to Make Tortillas

Sour Cream Fiesta Tortillas

Ingredients

1 cup pastry flour (or all-purpose)
1/2 teaspoon salt
1 tablespoon dough relaxer
1/2 tablespoon fiesta seasoning or similar (optional)
2 tablespoons sour cream
1/3 cup warm water

Directions

1. Mix the dry ingredients in a large bowl.
2. Add the sour cream and mix with your hands or a spatula.
3. Next add warm water a little at a time until your dough is soft and not sticky.
4. Knead the dough for a few minutes until it's soft and smooth.
5. Pull off pieces of dough to form about 6 small dough balls (if you have a scale they should be 1.5 oz each) a little larger than a golf ball in size.
6. Preheat a nonstick or cast iron skillet that is at least 7" across to medium to medium-high heat.
7. Roll out the dough with your tortilla rolling pin. Dust each ball with a little flour just before you roll them out if needed. Lay the pin in the center of the dough ball and roll up, center and roll down. Lift the dough and turn it 45 degrees. Again, rolling pin in the center and roll. Rotate once more 45 degrees. They should now be close to a circle shape, roll as needed to perfect your circle and until they are as thin as possible.
8. Lay your tortilla on the hot pan. It takes just a few moments to cook. Flip to the other side. When they are done it should have lots of nice brown speckles. Place them in a towel or use a tortilla keeper to keep them warm longer.

This recipe makes six 6" to 7" (1.5 oz) tortillas.

Wheat Granola Tortillas

Ingredients

1/4 cup quick oats
1/4 cup walnuts
1 cup water
1/2 teaspoon salt
1 cup pastry or all-purpose flour
1 cup whole wheat flour
1/4 cup dough relaxer

Directions

1. In a blender combine the oats and walnuts. Blend them to a powder. Add the water.
2. Mix the salt, flours and dough relaxer in a separate bowl. Add the water mixture.
3. Knead the dough for a few minutes. Add flour if need be until your dough is soft and not sticky.
4. Pull off pieces of dough to form about 12 small dough balls (if you have a scale they should be 1.5 oz each) a little larger than a golf ball in size.
5. Preheat a nonstick or cast iron skillet that is at least 7" across to medium to medium-high heat.
6. Roll out the dough with your tortilla rolling pin. Dust each ball with a little flour just before you roll them out if needed. Lay the pin in the center of the dough ball and roll up, center and roll down. Lift the dough and turn it 45 degrees. Again, rolling pin in the center and roll. Rotate once more 45 degrees. They should now be close to a circle shape, roll as needed to perfect your circle and until they are as thin as possible.
7. Lay your tortilla on the hot pan. It takes just a few moments to cook. Flip to the other side. When they are done it should have lots of nice brown speckles. Place them in a towel or use a tortilla keeper to keep them warm longer.

This recipe makes twelve 6" to 7" (1.5 oz) tortillas.



Fresh Spinach Tortillas

Ingredients

1 1/2 cup pastry or all-purpose flour
1/2 teaspoon salt
1 tablespoon dough relaxer
4.5 ounces fresh bagged baby spinach
1 tablespoon sour cream

Directions

1. Mix the dry ingredients in a large bowl.
2. Add the sour cream and spinach and mix with your hands or a spatula.
3. Knead the dough for a few minutes. Add flour if need be until your dough is soft and not sticky.
4. Pull off pieces of dough to form about 8 small dough balls (if you have a scale they should be 1.5 oz each) a little larger than a golf ball in size.
5. Preheat a nonstick or cast iron skillet that is at least 7" across to medium to medium-high heat.
6. Roll out the dough with your tortilla rolling pin. Dust each ball with a little flour just before you roll them out if needed. Lay the pin in the center of the dough ball and roll up, center and roll down. Lift the dough and turn it 45 degrees. Again, rolling pin in the center and roll. Rotate once more 45 degrees. They should now be close to a circle shape, roll as needed to perfect your circle and until they are as thin as possible.
7. Lay your tortilla on the hot pan. It takes just a few moments to cook. Flip to the other side. When they are done it should have lots of nice brown speckles. Place them in a towel or use a tortilla keeper to keep them warm longer.

This recipe makes eight 6" to 7" (1.5 oz) tortillas.

Classic Corn Tortillas

Ingredients

1 cup corn flour (or instant corn masa flour)
1/4 teaspoon salt
2/3 cup water

Directions

1. Mix all the ingredients in a medium bowl and mix with your hands or a spatula. Your dough should soft and damp, almost the consistency of Play Doh® and not too sticky.
2. Knead the dough for a few minutes.
3. Pull off pieces of dough to form about 8 small dough balls (if you have a scale they should be 1.5 oz each) a little larger than a golf ball in size.
4. Preheat a nonstick or cast iron skillet that is at least 7" across to medium to medium-high heat.
5. Roll out the dough with your tortilla rolling pin. Dust each ball with a little flour just before you roll them out if needed. Lay the pin in the center of the dough ball and roll up, center and roll down. Lift the dough and turn it 45 degrees. Again, rolling pin in the center and roll. Rotate once more 45 degrees. They should now be close to a circle shape, roll as needed to perfect your circle and until they are as thin as possible.
6. Lay your tortilla on the hot pan. It takes just a few moments to cook. Once you start to see bubbles, flip to the other side. Sit aside.
7. Now preheat 1/2" of vegetable oil in a medium frying pan set on medium-high. Carefully slide 1 tortilla at a time into the oil. After 30 seconds, flip it and wait another 30 seconds. Tortilla should be bubbly and slightly darker. Place on paper towels to drain.

This recipe makes eight 6" (1.5 oz) tortillas.