

Flour Tortillas

(Comida Sabrosa by Sanchez and Yund)

INGREDIENTS:

4 cups flour (2 whole wheat and 2 enriched)
2 tsp salt
2 tsp baking powder
4 tbsp shortening
½-1 cup very warm water

Preparation:

1. Combine flour, salt, and baking powder in large bowl.
2. Cut in shortening; add water and mix well until dough is solid, adding more water or flour as necessary. (Dough should be pliable.)
3. Cover bowl with a dishtowel, and let dough rest for about 5 minutes.
4. Heat heavy cast iron griddle or skillet.
5. Separate dough into fist-size balls; pat each ball into a 5-inch patty; roll into a circle with rolling pin – from the center outward until dough is ¼-1/2 inch thick and 7-8 inches in diameter.
6. Cook on griddle or skillet until blistered; flip to other side.
7. Cool tortillas on plate covered with paper towels or dish towel to prevent sticking.
8. Serve with the carne adovada.

(Makes 12-18 tortillas.)