

Flour Tortillas

(Sonoran style or Leavened)



Ingredients:

*** FOR SONORAN TORTILLAS ***

4 c Flour, all-purpose
1½ ts Salt
4 Tb Lard (or shortening)
1¾ c Water; warm, but not hot
extra flour for rolling

LEAVENED TORTILLAS

4 c Flour, all-purpose
1½ ts Salt
1½ ts Baking Powder
3 Tb Lard (or shortening)
1½ c water, warm not hot

The Sonoran version will produce thin bubbly tortillas, great for burritos, flautas, etc. The leavened version will produce tortillas that are more flatbread-like, which some people may prefer for quesadillas, soft tacos, etc.

Method:

Combine the dry ingredients in a large bowl. Add the vegetable shortening and mash into the flour with a fork until well incorporated. Add the warm water and continue mixing. Once the dough shows cohesiveness, knead by hand for a few minutes until it becomes uniform. If the dough is still sticking to your hands, add a bit more flour. Conversely, if it is too stiff, add a little more water. The dough should come out fairly soft, but not sticky.

Cover the dough in plastic wrap, and place in the refrigerator for 20- to 30-minutes.

When ready to make tortillas, pull off enough dough to form a 2-inch ball and roll it between your palms until it is round. Make larger or smaller balls depending on the size of tortilla you want. When finished, roll them out on a floured surface until just about as thin as you can make them.

Carefully place the uncooked tortilla onto a hot griddle or large frying pan set on high heat for about thirty seconds on each side, or until light brown spots appear. You want to use a spatula for help in flipping. Use the back of the spatula to press down any areas that appear uncooked.

As each tortilla is finished, place them into a container with a lid, or cover with kitchen towels, so as to allow them to steam themselves a bit and become more pliable.

For the health-concerned:

It is possible to make tortillas with little or no lard or shortening. However the less lard or shortening; the more chewy or rubbery the texture, and flavor may suffer slightly as well.

Yield: approximately ten 12-inch tortillas.

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