

Tortillas de Harina

Ingredients:

· 4 c     Bread Flour or All Purpose Flour (King Arthur Flour)

· 1t      Sea Salt

· ½ c   Organic Coconut Oil or Vegetable Oil/Shortening

·1   c    Warm to Hot Water

Directions:

1. Place flour into bowl then dissolve, (you may sift if you like) sifting makes tortillas more fluffy. Dissolve salt into water.
2. Make a crater in the flour then pour half of the water, turn start to mix with wooden spoon or your hands. Then make another crater and the additional water and start to knead again. Start to add small to medium amount of coconut oil and knead it into dough.
3. Turn dough out onto a floured surface and knead vigorously for a minute or two to develop the gluten in the dough. The dough will be soft, smooth and elastic, but no longer sticky when you are done.  Divide the dough into 6 or 8 balls depending on how big of a tortilla you are attempting to make (there is enough dough to make six 12 inch or eight 10 inch tortillas in diameter).
4. Let the dough rest, cover oiled plastic wrap or a damp cloth, for about 30 minutes to let the gluten relax a bit.
5. Divide the dough into 6 or 8 balls depending on how big of a tortilla you are attempting to make (there is enough dough to make six 12 inch or eight 10 inch tortillas in diameter).
6. Tentatively roll out each ball of dough as thin as possible. You can roll them out between sheets of waxed paper if it is easier for you. Because of the high gluten in the flour, the tortillas will tend to shrink back a bit.
7. Heat a non-stick or cast iron dry skillet over high heat, then turn down to medium heat. Carefully cook the first tortilla for about 5-10 seconds on each side, flipping back and forth for another 5-10 seconds per side, until the tortilla looks slightly dry with a few brown spots on each side. Repeat with remaining tortillas.
8. Don’t forget when re-heating tortillas place 1-2 tortillas in parchment paper wrapped in foil and heat in 350° oven for 5-7 minutes. Tortillas can be frozen and thawed completely and heated before eating.