

Tortillas

Ingredients

- 200g corn tortilla flour.
- Rolling pin
- Weighting scales
- Frying pan
- Sieve
- A little oil for cooking.
- Mixing bowl
- Cold water
- Jug
- Metal spoon
- Wooden or chopping board

Directions

1. Measure out 200g of flour in scales put in the bowl. Fill the jug with fresh, cold water.
2. Slowly add the water in the bowl add a little at a time, stirring all the time as you pour, until the mixture forms into a stiff dough.
3. Using your hands gently mixture. Keep kneading until the dough is not too sticky. You may need to add a little flour.
4. Sprinkle flour over the board. Take the dough into a bowl and knead on the floured board for around ten minutes. Leave to stand for 30 mins.
5. Pull off a small lump of dough. Roll it between your hands to form a flat round ball. Repeat this process until you have used all the dough.
6. Keep patting the dough balls until they form flat round shapes. Finish off by using the rolling pin to roll them into flat, thin cakes, also known as tortillas.
7. Heat a heavy frying pan or griddle. Gently cook the cake until it is lightly browned on both sides

Note: they taste delicious when eaten with honey