

# Corn Tortillas

You will need:

*Ingredients:*

2 cups masa harina\*  
1 teaspoon salt  
1 cup hot water  
1 teaspoon lard or shortening

*Equipment:*

2 mixing bowls  
fork  
electric griddle or cast iron skillet and hot plate  
spatula

To make the tortillas:

Heat griddle to 350°. Mix the masa harina and salt in a bowl. In another bowl mix lard or shortening and hot water, stirring until lard melts. Pour into dry mixture and stir with a fork. Knead the dough for one or two minutes, add additional water one small spoonful at a time to make it workable until the dough stays together and doesn't crumble apart. What you want is a dough that is moist enough to stay together but not too sticky.

Pull off balls of dough about the size of a golf ball and give to students to pat and stretch as thin as possible into a pancake shape using the parchment paper as a base. Place your tortilla on the preheated pan and cook for 45 seconds to a minute then turn over and cook for another 45 seconds or longer. Enjoy!



Note: If using premixed masa, knead in salt and have students dip hands in water as needed to moisten.