



## **Homemade Flour Tortillas**

**PREP TIME:** 10 minutes + **KNEADING TIME:** 10 minutes + **RESTING TIME:** 1 hour 15 minutes +  
**COOK TIME:** 1 minute = **TOTAL TIME:** 1 hour 36 minutes

**Difficulty:** Moderate

**Servings:** 4 dozen

**BY ERICA GAMBOA**



Homemade and hand rolled flour tortillas, delicious and warm right off the comal (flat griddle), they are soft, slightly chewy, yet fluffy and made with 5 simple ingredients. Enjoy them with your favorite Mexican dishes or simply with a good smear of salted butter, it's truly heavenly and a very special treat. The essence of a traditional Mexican kitchen, the aroma that fills my home on a Saturday morning is like a sweet kiss from my ancestors.

### **Ingredients**

- 8 cups all purpose flour, plus extra for dusting
- 1 liter of warm to hot water (about 4 cups)
- 1 tbsp plus 1 tsp of salt
- 1 1/4 cups vegetable shortening, plus extra for kneading
- 1 tsp baking powder

## **Directions**

### **Mix the dry ingredients:**

In a large mixing bowl, take the flour, salt and baking powder and mix with your hands until well combined.

### **Add the fat:**

- 1 Take the shortening and add to the flour.
- 2 Using your hands cut the shortening into the flour by squeezing your hands together until you form a crumb like consistency similar to when making a pie crust. Make sure to break up every large lump of shortening.

### **Add the water:**

- 1 The water should be as hot as your hands can stand. \*Make sure to check the water temperature before adding it to the flour mixture to avoid getting burned. I warm the water on the stove and shut it off as soon as I see it starting to come to a boil. I let it sit for a bit until it is manageable for my hands.
- 2 Make a well in the center of the flour and begin to add the water to the flour a little at a time. Start with one cup.
- 3 Begin to mix the flour and water by hand if it's tolerable or with a spatula until the flour reaches a temperature you can handle.
- 4 When the first cup of water is incorporated, repeat this process by adding a cup of water at a time until the dough comes together and is hydrated. It should be slightly tacky and sticky. Be sure not to add too much water. You should only add enough water until it is well incorporated into the dough and the dough easily pulls away from the side of the bowl. \*Depending on the type of flour, used the amount of water needed should range between 3 1/2 to 4 cups.

### **Kneading the dough:**

- 1 Remove the dough from the bowl and place it on a clean, dry and flat surface.
- 2 Knead the dough by pulling, stretching, folding and bringing it back together in a ball. Repeat this process for about 10 minutes. It takes arm work but it is essential for making sure the tortillas are pliable and thin. If you do not knead the dough enough the texture of the tortilla will be too doughy and bread like.

### **First rest:**

- 1 Once the dough is kneaded, take the dough and place it back into the bowl.
- 2 Take a small amount of shortening or vegetable oil in your hands and rub the top of the dough well to ensure the dough does not dry out while it's resting.
- 3 Cover the dough with a piece of plastic wrap and place a towel over the bowl.
- 4 Let it rest on the counter for 45 minutes.

### **Forming the dough balls:**

- 1 After 45 minutes of resting, the dough should have expanded a little and relaxed. Take the dough out of the bowl and place it on the working surface again.
- 2 Take your hand and squeeze the dough between your index and thumb forming a ball.
- 3 Roll the dough in the palm of your hand or on the work surface to form a uniform round ball and set aside.
- 4 Cover with a sheet of plastic wrap and repeat the process until you have formed all the dough balls.
- 5 This recipe should yield approximately 4 dozen dough balls about 2 inches in size.

### **Second rest:**

Let the dough rest covered with plastic wrap for 30 more minutes.

### **Preheat the comal or skillet:**

Preheat the skillet or comal over a low flame during the final 10 minutes of the dough's second rest. Once you're ready to roll out the first tortilla, turn up the heat to medium high. Making adjustments to the heat as needed.

### **Rolling out the tortillas:**

- 1 Dust the work surface with the extra flour.
- 2 Dust the dough ball in the flour as well. \*I make a small mound of flour off to the side for dusting.
- 3 Gently press your fingers on the ball to slightly flatten it.
- 4 Take a rolling pin and roll the tortilla once, back and forth.
- 5 Turn the tortilla counter clockwise and repeat about 4 times.
- 6 Hold the tortilla in your hands and gently stretch the dough to maintain its circular shape until it becomes thin and almost transparent.
- 7 You will feel the dough getting thinner and thinner, but be careful not to tear it.

### **Cooking the tortillas:**

- 1 The skillet or comal should be nice and hot at this point, make an adjustment to the heat if needed.
- 2 Place the tortilla on the comal.
- 3 Instantly you will see air bubbles start to form.
- 4 Wait about 20 seconds give the tortilla one counter clockwise turn and cook for another 10 seconds.
- 5 Flip the tortilla once, cook for 30 seconds and remove from heat.
- 6 Place on a dish towel and cover while you repeat the process.

\*Adjust the heat on the skillet or comal if necessary. It should be hot but not burning the tortillas. You will have to use your judgment and make adjustments.

Enjoy immediately or once they are all cooked; there is no right or wrong way to enjoy these tortillas.

## **TIPS**

### **Using Alternative Fats**

A fat of some sort is always needed to ensure a tortilla has the proper flexibility and softness. I would advise against skipping this because you will not have the best result.

However, there are many different variations of "fat" that can be used. Below are some of the substitutions you can make to fit your lifestyle and preference.

- Lard / Manteca - Pork fat, chicken fat, goose fat or duck fat
- Tallow - Beef fat
- Butter flavored vegetable shortening
- Butter, salted or unsalted
- Heavy Cream
- Whole Milk
- Buttermilk

### **Notes:**

### **Storing the tortillas**

Storing left over tortillas is easy and a reward for all of your hard work. The thought is having homemade flour tortillas for days to come is an incentive to make as many as your hands can roll. These are stored easily in a plastic zip lock bag for about one week. I have never had any tortillas left over one week, I can't vouch that they keep for any longer than that and I'm pretty sure they will not last in your home either.

## Freezing

I do not recommend freezing the tortillas. As I have said before many times, some things are meant to be enjoyed in the moment and not left for later.

Be sure to lay the freshly made tortillas out on a clean kitchen towel separately, to make sure they are completely cooled before storing in the plastic zip lock bag.

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## Nutrition Information

**Calories per serving:** 123

**Servings:** 48 tortillas

Nutrition Facts	
Servings: 48	
Amount per serving	
<b>Calories</b>	<b>123</b>
	% Daily Value*
<b>Total Fat</b> 5.5g	7%
Saturated Fat 1.7g	8%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 218mg	9%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 0.6g	2%
Total Sugars 0.1g	
<b>Protein</b> 2.2g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	5%
Potassium 33mg	1%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	

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