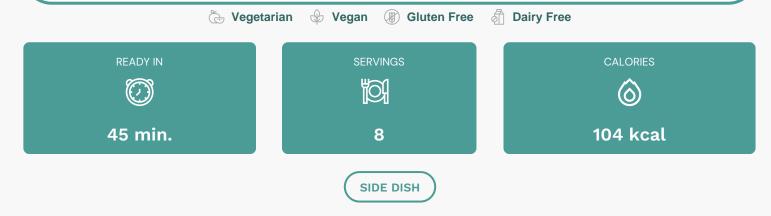


# **Homemade Corn Tortillas**



# Ingredients

2 cups i would have liked to use an version of masa but i couldn't find one at the time		
making the tamal (see Note)		
1.5 cups water		

### **Equipment**

Equipment		
	bowl	
	frying pan	
	wooden spoon	
	kitchen towels	

Directions			
	Combine the masa mix and warm water in a medium bowl, mixing until a soft dough forms.  You can use a wooden spoon for mixing, but you will have better results if you use your hands.  Turn the dough out onto a floured surface and knead until it is smooth.		
	If the dough seems dry, add more water, a tablespoon at a time, as necessary.		
	To form the tortillas, one at a time, pinch off small handfuls (about 3 tablespoons) of the dough and roll each one between the palms of your hands into a ball. Cover the dough balls with a damp cloth as you form them, to keep them from drying out.		
	Lay one side of the plastic over the bottom of the press, place a ball of dough in the center, and fold the other side of the plastic over the dough. Shut the top of the tortilla press firmly down on the dough to shape the tortilla. (See Note.)		
	Heat a griddle until hot.		
	Place a tortilla on the griddle and cook for 11/2 minutes. Using a spatula, flip it over and continue to cook, flipping it occasionally, until both sides are covered with small brown spots.		
	Transfer to a plate and cover with a kitchen towel to keep warm while you cook the remaining tortillas, stacking the finished tortillas on the plate.		
	Serve immediately.		
	If you can't get your hands on a tortilla press, a clean countertop will do. You will still need the plastic so that the dough does not stick to the counter.		
	Place a dough ball on one side of the plastic, cover with the other side, and use a heavy skillet to press out the tortilla. Masa mix can be found at Latin markets and some larger supermarkets.		
	Taste		
	Book, using the USDA Nutrition Database		
Nutrition Facts			
	PROTEIN 9.85% FAT 9.21% CARBS 80.94%		

## **Properties**

spatula

#### **Nutrients** (% of daily need)

Calories: 104.03kcal (5.2%), Fat: 1.1g (1.69%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 19.92g (7.24%), Sugar: 0 (0%), Cholesterol: Omg (0%), Sodium: 3.64mg (0.16%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin B1: 0.42mg (28.02%), Folate: 59.56µg (14.89%), Vitamin B3: 2.83mg (14.15%), Vitamin B2: 0.23mg (13.5%), Iron: 2.13mg (11.86%), Fiber: 1.82g (7.3%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.95mg (6.74%), Manganese: 0.13mg (6.37%), Phosphorus: 60.99mg (6.1%), Selenium: 3.99µg (5.7%), Calcium: 40.09mg (4.01%), Zinc: 0.52mg (3.45%), Copper: 0.06mg (2.92%), Potassium: 74.96mg (2.14%), Vitamin A: 60.99IU (1.22%)