



How to Make Corn Tortillas



Dairy Free



Popular

READY IN



30 min.

SERVINGS



16

CALORIES



712 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 cups very warm water
- ☐ 16 servings meat from a rotisserie chicken
- ☐ 16 servings beef
- ☐ 16 servings fatty pork
- ☐ 16 servings fish and seafood
- ☐ 16 servings pasta and noodles

Equipment

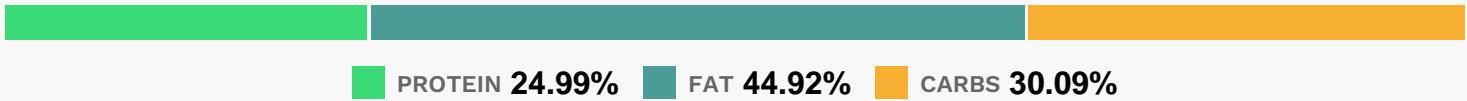
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels

Directions

- ☐ Make the Masa Dough
- ☐ Mix masa flour with warm water: To make 16–18 tortillas, start with putting 2 cups of masa flour in a large bowl.
- ☐ Add 1 1/2 to 2 cups of very warm water to the masa flour (according to the directions on the package, some brands may call for different amounts of water).
- ☐ Mix in and let sit for 5 minutes or so.
- ☐ Knead the dough: Begin working the masa with your hands to make the dough. Work the dough for several minutes.
- ☐ Press the dough with your fingers and the palms of your hands as if you were kneading bread dough.
- ☐ The dough will be a little gritty at first, but should become more pliable as you knead it.
- ☐ If at any point through the tortilla making process the dough seems too dry or too wet, add a little more water or masa to the dough.
- ☐ Form balls of dough: Pinch off a piece of the masa dough and rub it between your hands to shape it into a ball the size of a plum, or slightly large golf ball.
- ☐ Make about 16–18 balls from the dough.
- ☐ Pressing the Tortillas
- ☐ Cut two pieces of plastic from a plastic freezer bag into the shape of the surface of the tortilla press.
- ☐ Place ball of dough between the plastic sheets and press: Open the tortilla press and lay one piece of plastic on the press.
- ☐ Place the masa ball in the center.
- ☐ Place another piece of plastic over the masa ball.

- ☐ Gently close the press and press down, until the dough has spread to a diameter of 4 to 5 inches.
- ☐ Cooking the Tortillas
 - ☐ Heat a griddle or a large skillet on high heat. A well seasoned cast iron griddle or large cast iron pan works well for this.
 - ☐ Remove the raw tortilla from the plastic: Working one at a time, hold a tortilla in your hand, carefully removing the plastic on each side.
 - ☐ Lay the tortilla down on the hot pan: Allow the tortilla to rest half on your hand, and half hanging down, and gently lay the tortilla down on to the skillet. Start working on pressing the next tortilla.
 - ☐ Cook the tortilla on one side, then flip: Cook the tortilla on the hot pan for 30 seconds to a minute on each side. The tortilla should be lightly toasted and little air pockets forming.
 - ☐ Remove the tortillas to a tortilla warmer lined with dish towel or paper towels, or wrap them in a dish towel to keep them warm.
 - ☐ Serve immediately or refrigerate and reheat.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:23.508695467659%

Nutrients (% of daily need)

Calories: 712.49kcal (35.62%), Fat: 34.96g (53.79%), Saturated Fat: 11.51g (71.96%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 49.98g (18.18%), Sugar: 1.5g (1.66%), Cholesterol: 142.93mg (47.64%), Sodium: 139.15mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.77g (87.53%), Selenium: 66.42µg (94.89%), Vitamin B3: 13.42mg (67.1%), Phosphorus: 433.55mg (43.36%), Vitamin B6: 0.81mg (40.34%), Zinc: 6.05mg (40.32%), Vitamin B12: 2.18µg (36.3%), Manganese: 0.61mg (30.34%), Vitamin B1: 0.37mg (24.66%), Iron: 4.43mg (24.64%), Vitamin B2: 0.41mg (23.96%), Magnesium: 79.76mg (19.94%), Potassium: 602.77mg (17.22%), Vitamin B5: 1.69mg (16.94%), Copper: 0.3mg (14.81%), Folate: 52.61µg (13.15%), Fiber: 2.7g (10.82%), Calcium: 59.28mg (5.93%), Vitamin E: 0.74mg (4.93%), Vitamin A: 182.44IU (3.65%), Vitamin K: 3.23µg (3.07%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.74mg (2.11%)