

tortillas

1st step, polenta porridge

Equipment:

measuring cups and spoons, whisk, saucepan, wooden spoon, large oiled tray

Ingredients:

500mls water

½ tspn salt

½ TBLSPN stock powder

½ cup maize flour (fine cornmeal)

Method:

Put the water, salt and stock powder into a saucepan, put the lid on, and bring to the boil. Turn down the heat. While you are whisking, gently pour in the maize flour. Whisk until there are no lumps, then change to the wooden spoon. Stir for about 20 minutes. This ensures a smooth mix.

Allow to cool.

2nd step, dough:

Equipment:

large mixing bowl, measuring cups, cover for bowl, wooden spoon

Ingredients:

polenta porridge

1 TBLSPN olive oil

1 cup coarse polenta (dry meal)

¾ cup hot water

2 to 3 cups bread flour (you may need more)

Method:

In the large bowl mix the coarse polenta and oil. Gently pour the water around the side of the bowl, and over the top of the polenta, so that it is covered. Cover the bowl, and allow the polenta to soak up the water.

Using the wooden spoon, mix in the cooked polenta. Gradually stir in the flour. Start to knead the dough. Use your hand like a paddle, and go in an under/over motion, turning the bowl. You may need to add more flour. Knead until dough is smooth and silky.

Cover, and leave to rest for 1 to 2 hours.

3rd step, cooking;

Equipment:

dough cutters, scales, small bowl and scoop, small rolling pins, pans, or pizza stones, heat-proof flippers, plate and teatowel to stack cooked tortillas

Ingredients:

tortilla dough
flour for dusting

Method:

Using the dough cutters, cut small pieces of dough weighing 100gms each. Roll into balls. This helps you to get a nice circular shape when rolling out.

LIGHTLY flour the bench, and have some flour in the small bowl handy.

DON'T put your doughy hands in the large flour box, as the dough falls off your hands into it and spoils the flour.

Put your dough ball onto the floured bench, and pat into a circle. Sprinkle a little flour over the top. Using the rolling pins roll the dough into a circle **1 to 2 mms thick, no thicker**, otherwise they will be tough. Roll and turn is the best way, gives a better shape, and you can tell if the tortilla is sticking.

Have the pans/pizza stones on HOT. (if using pizza stones, put a diffuser on underneath). This ensures a fast cook, so that the tortillas are soft. When the tortilla starts to bubble, turn on to the other side and cook. The tortilla should have a few brown spots on it. Put on a plate and cover with the tea-towel. Repeat and stack until all are cooked.