

FLOUR TORTILLA

Yield: 8

INGREDIENTS

300g	Bread Flour
60g	60g Butter
170g	Water, tepid
½ tsp	Fine Salt



METHOD

In a medium size bowl, add the flour and salt and mix together. Add the butter and use your hands to mix together to form a shaggy mass.

Tip the mixture out onto a lightly floured surface and knead with your hands until the dough comes together into a smooth ball, approximately 5 minutes.

Weigh the dough and divide into 8 equal portions. Place a piece of plastic wrap or a clean cloth over the pieces of dough and let rest for 30 minutes.

Working one at a time, pre-shape each piece of dough.

Gently pat the dough to flatten slightly. Stretch a part of the outside edge away from the centre slightly then fold the edge back to the centre. Repeat this process working your way around the piece of dough in 4 or 5 sections.

Pinch the middle to form a seam. Turn the dough over so the seam is underneath and cover. Pre-shape the other portions of dough and keep all the dough balls covered.

Next final shape the dough. Take one piece of dough and face the seam upwards.

Pull the edges of the dough upwards and outwards slightly and fold back towards the centre and press gently to seal. Repeat this process working your way around the dough. The dough will begin to tighten. Pinch the middle seam tightly.

Flip the dough so the seam side is down. Final shape the other portions of dough.

Starting with the first piece shaped, place it in front of you and with a cupped hand, rotate the dough in a circular motion under your hand with fast movement, allowing the dough to rotate and shape into a tight ball.

The dough should be smooth and the base closed tightly. If the dough begins to stick to the bench, place a drip of water on the bench and the dough will circulate easily again. Do not add flour to the bench or the dough will not release throughout shaping.

Keep the shaped dough covered.

Preheat a cast iron or nonstick pan over medium-high heat.

To test for the ideal temperature, flick a few droplets of water onto the surface and they should immediately evaporate.

If you have a tortilla press (ideal), one at a time, flatten each piece of dough, using parchment paper between the dough and press plates and close.

To prepare by hand, working with one piece of dough at a time, on a lightly floured surface, roll the tortilla out to a 8" round.

Begin rolling from the centre of the dough, working around the circle, maintaining a circular shape with even thinness.

Cook the tortillas as they are ready, or stack between parchment paper and keep covered with a clean towel until ready to cook.

Place the tortilla onto the hot pan and cook for approximately 30 seconds until bubbles appear on the top surface and light brown spots form on the bottom.

Flip the tortilla and cook for 30 seconds on the other side. The tortilla will puff up and then deflate.

Stack the cooked tortillas and wrap tightly in a clean kitchen towel.

Homemade tortillas are best served immediately.