



## Homemade Flour Tortillas

3 cups plain all purpose flour

1 teaspoon salt

1/3 cup Crisco

1 cup hot tap water

Put your dry ingredients in a large bowl. Heat your cup of water in the microwave for two minutes then melt the Crisco in the hot water. Carefully add your hot water and mix. Play with the dough until it is fully mixed.

Knead the dough for ten minutes. When you are done, you should notice that the dough feels kind of rubbery and stretches like elastic.

Place the dough back in the bowl and cover the bowl with a warm wet dishcloth. Let the dough rest for 30 minutes. During this 30 minutes you don't have to do anything but the dough is still working. The tortilla dough is fermenting (breaking down the sugars and forming proteins) and the gluten (protein) is resting.

Divide the ball of dough into 12-14 balls. Roll the balls and place on a cookie pan. Using a rolling pin or a pastry roller, roll the tortillas into circles using a rolling pin or a pastry roller. You want to get the tortillas as thin as possible.

Heat a frying pan to medium heat. Place a tortilla in the dry pan. It is great if little bubbles form. After a minute or so, turn the tortilla over to finish cooking. Remove the tortilla to a plate covered with a dish towel.

For Homework:

Make tortillas for your family and post your picture on The Cookie School page. Bonus points if you can think of three different ways your family can enjoy homemade flour tortillas!

---