

Homemade Tortillas

Makes 20 tortillas, 5 per person

Courtesy of Amelia Ceja, for demo April 8, 2016

Ingredients

2 cups masa harina (corn flour such as Maseca)

1 to 2 cups warm water

Equipment

1 *tortillera* or tortilla press

2 parchment paper sheets cut to the size of the tortilla press (or cut a Ziploc bag along its sides and trim to fit your *tortillera*)

1 *comal* or griddle (any surface is fine)

In a bowl, combine the masa harina with 1 cup of lukewarm water and knead with hands until you have a smooth round ball. Add water as needed, until the dough does not stick to your hands.

Take a small piece of the dough between your hands and roll into a ball of one-inch diameter (you should have enough dough for 20 balls.)

Place one masa ball between the tortilla press lined with plastic or parchment paper; close and press the tortilla press handle until the dough is flattened to around six inches in diameter.

Heat your *comal* or griddle over medium heat. Lift the tortilla off the press by placing the tortilla on your right (or left) hand. Lay the tortilla on the heated *comal* and let it cook for one minute, then flip the tortilla over and let cook for another minute. Turn it over once more and gently press with your fingers on the top surface – it will inflate and look like a balloon! Remove to a plate and repeat with the remaining tortillas.

Recipe courtesy of guest chef Amelia Ceja.



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