

# TORTILLAS

Once you have learned to make these, you'll never want to buy them at the store again. They are easy to make, but a fair amount of work to prepare. Unless you have an old Mexican woman around the house, plan on this taking about 1 1/2 hours to make, and expect a pretty good upper body workout.

This recipe is best done with a mixer capable of mixing bread dough. If you are going to knead it by hand, it will be an even better upper body workout.

This recipe makes 6-7 12 inch tortillas. This recipe doubles easily, but most mixers can't handle more than a double batch.

2 cups Flour

1 teaspoon Baking Powder (NOT SODA)

1 teaspoon Salt

2 Tablespoons Shortening (using butter or margarine makes a much tougher tortilla)

½ to ¾ cup warm Water

Mix all ingredients together in your mixing bowl and mix well. The dough should form a ball, and be just a little stiffer than bread dough, and should be smooth. If the consistency is not right, add water a teaspoon at a time, or flour a Tablespoon at a time as necessary.

Roll the dough out like a large snake, and cut into equal segments for the number of tortillas you plan to make. Roll these pieces into balls, and place in a mixing bowl and cover.

Remove a ball of dough from the bowl, flatten it out as best you can with your hands, and place on a well-floured surface. Roll it out with a rolling pin to the diameter you desire. It takes a fair amount of practice to get a round tortilla. The first few batches you make will look like an amoeba, or perhaps one of the great lakes. The good news is that it'll still taste great, it'll be a conversation piece, once rolled up nobody will know, and the person who complains the most gets to roll out the next batch! Stack together with waxed paper.

When you are ready to cook them, heat a large skillet over medium high heat. Place a tortilla in the skillet until it turns from translucent to opaque, and bubbles begin to form, about 30 seconds. Flip the tortilla over and cook the other side until it just begins to brown in a few spots. As you complete the tortillas, stack them on top of each other on a long piece of tin foil, so when you are done, you can fold it over and seal it and keep them moist until you are ready to serve them. You do not want them to dry out.

8 tortillas (12 inch) = 130 calories each