

## Making Flour Tortillas:

### Ingredients:

- 1) 3 cups of general purpose flour
- 2) 1/3 cup of canola oil
- 3) ½ teaspoon of salt to taste
- 4) 1 cup of hot water (at or near boiling)

Step 1: In a medium-large bowl, mix-in the flour, salt and oil.

Step 2: With a large spoon, stir in the hot water.

Step 3: After the water is mixed in and the flour and oil start to cool-off, mix the ingredients with your hand until you have a big lump of flour dough (be careful not to burn yourself with the small concentrations of oil that may remain in the mix). Knead the dough and, if it's too "pie crust" like, add a little more hot water; or, if it's too mushy, add a little flour.

It takes some experimenting but, when you get it right, you'll end up with a nice lump of warm, pliable dough.

Step 4: Break off little clumps of dough and round them between the palms of your hands; when you have a nice little ball, flatten it a little between your hands into a "plump" disk-like shape.

Step 5: Spread a little flour on a cutting board and over-and-around a rolling pin.

Step 6: Gently roll out the flour disk into an oblong (elliptical) shape. Pick up the dough, flip-it-over and place it 90 degrees to your original rolling motion. Repeat this step over-and-over until you get a nice, flat, thin raw tortilla.

Step 6: Place the tortilla on a hot griddle for a few seconds and then turn-it-over. You may want to rotate the tortilla with your hand while it's on the griddle so that it cooks evenly. Flip-it-over again and cook until done. If you're doing it right, and are lucky, the tortilla will sometimes fill with hot air and "puff up" on the griddle. If it gets too puffy, you can flatten it down with a few "smacks" of your hand.

When done, you should have about a dozen flour tortillas. You can make a little breakfast burrito with bacon, salsa, and eggs, or, just add a little butter and eat it "as is".

Please let me know if you have any questions: Rick