

Tortillas



Season: All

Serves: This dough quantity is enough for 8 large or 16 small tortillas.

Tortillas are great for a sweet or savoury base. Use for wraps or as a pizza base. Great source of carbohydrates and (depending on toppings) packed with vitamins and nutrients!

Equipment:

- metric measuring scales, cups and spoons
- bowls – 1 large
- fork
- pastry brush
- clean tea towel
- Rolling pin

Ingredients:

- 2 cups plain flour
- 1/2 tsp salt
- 3/4 cup water
- 3 tbsp extra-virgin olive oil
plus extra for dusting

What to do:

1. In a large bowl, combine flour and salt.
2. Stir in water and oil.
3. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
4. Let rest for 10 minutes.
5. Divide dough into 8 portions for large tortillas or 16 portions for small tortillas.
6. On a lightly floured surface, roll each portion into a 15cm (large) or 7cm (small) circle.
7. In a large skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned.
1. Keep warm on clean tea towel

