

Corn Tortillas

Corn tortillas pre-date the flour tortillas that seem to have been multiplying on supermarket shelves recently. They have existed in Central America since pre-Columbian times, and are surprisingly easy to make. There is no raising, no baking and they are speedy enough to be whipped up for range-style eggs in the morning! Why not get your mates to shape the dough as they stand around the BBQ and then cook them on the hotplate?

1 cup Masa Harina

1 tsp salt

1/2 cup water

1. Mix the masa harina and the salt in a bowl.
2. Gently add the water until you have a mixture that is not sticky but hangs together without dropping crumbs. It should be a smooth ball.
3. Roll in gladwrap and set aside for 1/2 an hour—this is 'best practise'. If you want you can omit the standing. It just means your tortillas will be a bit crumblier as you shape them.
4. Cut your ball of dough into six and roll into balls.
5. Heat a heavy based frypan to medium heat.
6. If you have a tortilla press put a piece of gladwrap on it and then add your first ball of dough. Place another piece of gladwrap over the top and press. If you don't have a press, do the same thing on a board and either flatten with a heavy saucepan's flat base or roll out with a rolling pin, in a circle.
7. Remove the top layer of gladwrap and then Flip out the tortilla onto your palm, and remove the bottom layer of gladwrap.
8. Flip into the pan and cook, flipping to cook the other side. Push down the edges to get the tortilla to puff up a bit. It takes about 50 secs per side. The surface should be a bit brown with lots of little brown spots on it.
9. While one is cooking, prepare your next tortilla for the pan.
10. Put cooked tortillas on a plate and cover with a tea-towel. You don't want them to dry out before they are served.

