

# Tortillas de Masa Harina

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## **Corn tortillas made with masa harina (Makes about sixteen 4.5" tortillas)**

250 grams masa harina (Minsa or Maseca brands)...about 2 ½ cups

2 dashes kosher salt

360-365 grams room temperature water...about 1 ¾ cups

→Prepare your tortilla press. Cut a grocery-store produce bag into two square pieces. (Make sure the pieces are separate because it makes it easier to peel away the tortilla once it has been flattened.) You will be placing the masa between this plastic.

→PLEASE weigh the ingredients if you have access to a scale. It will insure a much more consistent result. Put masa harina and salt into a bowl. Slowly add water, kneading as you go along. You don't want to add too much water or the tortillas will be wet. Contrarily, if you add too little water the tortillas will be dry.

→Keep kneading and adding water until the masa has reached the consistency of Play-Dough. Then, continue to knead for an additional 1-2 minutes to make sure all of the water has been thoroughly absorbed.

→In the meantime, heat a comal/skillet. I have a cast iron comal that I really like, but you could also use a cast iron skillet or any griddle. I heat the comal for about 4 minutes on medium heat. Then I lower the heat to medium-low (almost low) and let it continue to warm for another 3-4 minutes.

→When the comal is ready, form a ball of masa that weighs about 35-37 grams. The ball should be smaller than a tennis ball but larger than a golf ball. Place the ball of masa between the two pieces of plastic on the tortilla press. Flatten it slightly with your hand and move it a little off center towards the hinge rather than the handle. Using the tortilla press, flatten the masa. Then open the press up and turn the tortilla 180 degrees. Flatten it a second time. Then open up the press again.

→Carefully remove the top layer of plastic. Then, using one hand to hold the tortilla, gently pull the other piece of plastic away using the other hand. If your masa has the right hydration, the tortilla will pull away easily from the plastic. If your masa is too dry, the edges will be jagged. Add a little more water. If your masa is too wet, the tortilla will stick messily to the plastic. You might need to add a little more masa harina.

→Then, delicately place the tortilla on the hot comal. Try to do this in one quick motion so that there are no mountains in the tortilla. Don't try to move/fix the tortilla once it is on the comal. Doing so will tear it.

→Now comes the important part. Once you place the tortilla on the comal start counting up to 40-45 seconds. When you see the edges of the tortilla start to dry out just enough to grab with your fingers, you need to flip the tortilla. Then, count up for another 40-60 seconds. Flip the tortilla again. Gently poke at the middle of it with one or two fingers until the tortilla begins to puff. Once it has puffed, let it cook for an additional 20-30 seconds.

→Then, remove the tortilla from the comal and place it in a tortilla warmer or a clean towel to keep warm. Serve fresh.

#### NOTES:

- I have always used a metal press and like it, but a wooden press would work fine as well.
- I have noticed that it is really important not to cook the tortilla for more than 40-50 seconds on the first side. It seems to dry the tortilla out which prevents it from puffing later on.
- It really helps to poke at the tortilla to get it to puff. I am by no means a master at this. Don't worry. Some of mine don't puff at all. But, keep practicing until you get it.
- You need a hot comal, but you don't want it scorching. I think the trick is to preheat the comal and then maintain an even low-medium heat.

*Recipe Source: Lots of practice and experimenting 😊*