

# Homemade Corn Tortillas

## Recipe

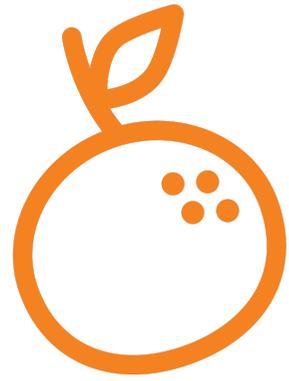
Yield: 12 tortillas

### Ingredients

2 cups masa harina corn flour

1/2 teaspoon salt

1 1/2 cups really warm water



### Instructions for Adults

Assist with handling warm water and stovetop.

### Instructions for Kids

- Mix the masa harina and salt together. Then slowly add the really warm water and mix with a fork. If it's too dry, add a little more water.
- When everything is mixed together, use your hands and form into a ball. It should be firm and springy, not dry and falling apart.
- Cover it and set it aside for an hour.
- After an hour, form 12 balls with the dough (should be a little bigger than golf balls). If you have a tortilla press, great! Just press it between two sheets of plastic. Next, warm a skillet to medium heat. Place each pressed dough one at a time on the skillet, 1 minute or so on each side until cooked and beginning to brown.
- If you don't have a press: Cover the back of a large heavy frying pan with cling wrap and place another strip of cling wrap on the counter. Place a dough ball on the plastic on the counter. Press down with the frying pan. Then, heat the pressed dough on a second frying pan warmed on the stovetop to medium heat, as described in the instruction above.
- After cooking each tortilla, place inside a folded tea towel to keep warm.

Your Sandwich Can Save the World! Food Literacy Curriculum  
© 2021 Food Literacy Center. All rights reserved.  
Do not copy or share without written permission.

Find more recipes at: [www.foodliteracycenter.org](http://www.foodliteracycenter.org)

