

FLOUR TORTILLAS



Hey Gluten Free Foodies ... on this Twelfth Night or Three Kings Day Do I have a treat for you?!?! Y'all are in for a real treat! Let me tell you that you won't go back to store bought after you make these ... oh yeah! There aren't any...

Dry Ingredients |

- 2 cups + little extra Manini's Gluten Free Multi-Purpose Flour
- 2 generous pinches of sea salt
- 1 1/2 tsp baking powder
- Wet Ingredients
- 3/4 warm whole milk – best to use due to higher fat
- 2 tsp Grapeseed Oil – best for buttery flavor and high smoke point

Tools

- rolling pin
- pastry board
- comal or cast iron skillet
- tortilla press
- cling wrap
- medium size self sealing bag or parchment paper to press out dough
- large plate or baking pan for dough balls
- clean kitchen towels for keeping the cooked tortillas

- warm tongs or spatula to turn the tortillas

Mix the dry ingredients using a large mixing fork. Add the oil slowly add the warm milk. Continue to mix until the dough becomes sticky and clumpy.

Sprinkle a little bit of Maninis Gluten Free Multiuso Multipurpose Flour Mix on the board and on your hands. Take the dough out of the bowl and knead with your hands for 2-3 minutes. You want the dough to be firm, soft, smooth and not too sticky. Make a large disc and put it back into the bowl with cling wrap on top. Let the dough sit for 20 minutes. Make a cup of tea and have patience ... the wait is worth it! Sprinkle a little more GF flour on the board. Take the dough out and cut into half, then quarters to make 8 sections. Use a clean kitchen towel to cover the dough to keep moist while you make balls with your hands. Place the balls on to the plate or baking pan and keep covered with cling wrap. Let rest for 10 minutes.



Cut a self sealing bag down both sides and place on the press to keep the GF dough from sticking. You could use parchment paper too if you don't have a bag. Use a tortilla press to press the dough into a flat disc shape.



If you don't have a press, then you can just use the palm of your hand to get the dough started. Sprinkle some GF flour onto the board and rolling pin to make a round shape, picking up the dough for half turns, rolling to make the shape. Do your best to make a roundish shape... rustic handmade tortillas still taste great even if they are not perfect!



Heat your seasoned comal on medium high heat. As soon as the comal has heated place the tortilla on it. Cook for 1-2 minutes or until you begin to see bubbles! Turn the tortilla over and cook for another 1-2 minutes. Sometimes I turn them over a few times to get the desired dark markings that make the tortillas look and taste so great and authentic!



CAUTION you will have to eat the first one you make warm off the comal smothered with butter ... trust me it is very important to get the butter all over every inch of the tortilla. Rip it or just go for it ... one big bite! Butter dripping down your hand and arms ... oh yeah! that is the best! Don't forget that you have others ... 7 other tortillas that are waiting to be made too so it is best to remain focused and repeat the pressing, rolling process until all of the tortillas are made. If you are planning on serving the tortillas with some grilled vegetables or meat, I would suggest making those first and keeping them warm in a pan and covered in the oven until the tortillas are ready. You will be too hungry by the time you finish all your hard work that you will want to just dive in to a really awesome, as close to

AUTHENTIC (GLUTEN FREE) FLOUR TORTILLAS

I like to keep it simple ... sautéed onions, tender slow cook pulled pork with poblanos, smoky salsa and the tortillas with real butter ... Now that I have mastered this recipe I will make these with sautéed vegetables – poblano peppers, onions, carrots and my favorite Pussac Punay Beans! Additional serving suggestions ... Salsa Guacamole or Butter, Cinnamon and Sugar.



Enjoy! Lisa

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