



Maya Corn Tortillas



The ancient Maya people enjoyed making and eating delicious corn tortillas.

Ingredients

(makes 20)

150g masa harina (pre-cooked white maize flour)

100g cold water

Pinch of salt

1 tablespoon of olive oil

Equipment

Large mixing bowl

Cling film

Rolling pin

Frying pan

Method

1. Mix all the ingredients together in a large bowl to form a workable dough. If it's too sticky, add a little more flour. If too dry, add more water.
2. Divide the dough into 20 small balls. Return the balls to the bowl, cover with cling film and stand in the fridge for 10 minutes.
3. Flatten the balls between your hands or roll into flat rounds to an approximate depth of 3mm.
4. Cook the tortillas in a lightly oiled frying pan for approximately one minute each side over a high heat.
5. Serve and enjoy!



Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.