

Maya Corn Tortillas

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

Ingredients (Makes 20)

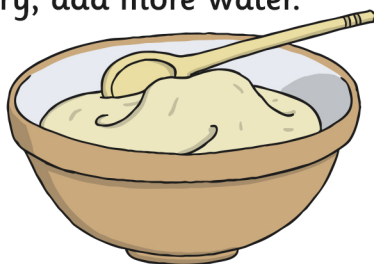
150g masa harina (pre-cooked white maize flour)
100g cold water
Pinch of salt
1 tablespoon of olive oil

Equipment

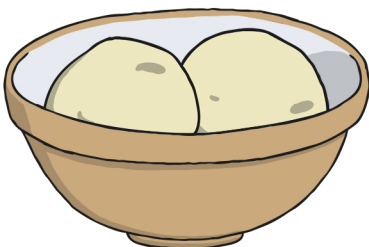
Large mixing bowl
Cling film
Rolling pin
Frying pan



Step 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.



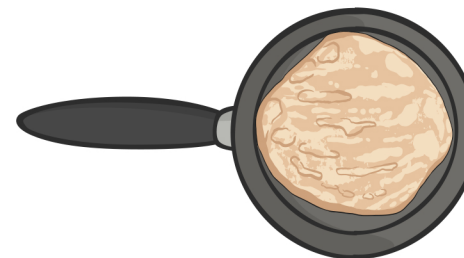
Step 2. Divide the dough into 20 small balls. Return the balls to the bowl, cover with cling film and stand in the fridge for 10 minutes.



Step 3. Flatten the balls between your hands or roll into flat rounds to an approximate depth of 3mm.



Step 4. Cook the tortillas in a lightly oiled frying pan for approximately one minute each side over a high heat.



Step 5. Serve and enjoy!